

Week 5 Dinner Menu

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
		Hot Chocolate Bar		Shrimp Burritos		Breakfast Burritos		Pasta Bar		Macro Bowl					
		Hot Chocolate Peppermint Syrup Pumpkin Syrup Vanilla Syrup Hazelnut Syrup Caramel Syrup Whip Cream Cherries		Cilantro Lime Shrimp Shredded Cabbage Pickled Red Onions Diced Tomatoes shredded cheese Japalenos, Sour Cream Salsa (3 kinds) Guacamole 12" Tortillas Black Beans, Rice		12" Tortillas Eggs Shredded Cheese Bacon Sausage Ham Sauteed Mushrooms, Sauteed Peppers Sauteed Onions Diced Tomatoes Sauteed Spinach		Penne, Whole Wheat Penne Marinara, Alfredo Broccoli Peppers Mushrooms Onions Tomatoes Asiago Cheese Shrimp Chicken		Shredded Chipotle Beef Falafel Lemon Garlic Chicken Thighs Coconut Jasmine Rice & Almonds Wheatberry and Artisan Blend (cold) Rice Noodles Roasted Shredded Carrots, Rstd Cauliflower, Rstd Mushrooms & Onions) Toppings(Pickled Red Onion, Crushed Peanuts, Green Onion) Sauces(Salsa Verde, Sweet Garlic Soy, Mango Hab.)					
		Chipotle Tuna on Focaccia		Egg Salad on English Muffin		Ham and Swiss on Baguette		Chicken Salad Wrap		Super Italian					
		Turkey Stew Cajun Chickpea Cakes Green & Yellow Squash Steamed Broccoli		Roasted Pork Loin Roasted Sweet Potatoes and Apples Sweet and Sour Cabbage Muttered Lima Beans and Tomatoes		Carved Eye Round with au Jus Yukon Gold Mashed Potatoes Roasted Onions, Carrots and Celery Sauteed Corn and tomatoes		Chicken Cordon Bleu Buttered Peas Zucchini, Yellow Squash, and Peppers Roasted Garlic Mashed Potatoes		Pan Seared Tilapia with Puttanesca Sauce Roasted Vegetables Wild Rice with Mushrooms Broccoli		Chicken Tomato Brushetta Green Beans Brown Rice Pilaf Roasted Tomatoes and Zucchini		Beef Enchiladas Pie Foster Pinto Beans with Green Chilis and Brown Rice Corn Steamed Zucchini with Tomatoes	
		Pepperoni Pizza Cheese Pizza Roasted Vegetable Pizza		Pepperoni Flatbread Cheese Flatbread Southwestern Chicken Flatbread		Pepperoni Pizza Cheese Pizza Pasta Bar		Pepperoni Pizza Cheese Pizza White Pizza		Pepperoni Pizza Cheese Pizza Pasta Bar		Pepperoni Pizza Cheese Pizza Steak and Cheese Pizza Bacon, Chix, Ranch Pizza		Pepperoni Pizza Cheese Pizza Bacon, Chix, Ranch Pizza	
		BBQ Tofu with Carmelized Onions GF Mac and Cheese Steamed Zucchini		GF Cheese Pizza GF Pepperoni Pizza Steamed Mixed Vegetables		GF Chicken Stroganoff Fried Rice Steamed Zucchini with Tomatoes		Roast Beef With Roasted Tomatoes Escarole and Cannelini Beans Brown Rice		Pan Seared Pork with Roasted Mushrooms Steamed Peas and Shredded Carrots Wild Rice		Haddock w/ Shallots and Roasted Peppers Steamed Green Beans Rice with Spianch and Tomatoes		Chicken Stir-fry Jasmine Rice Steamed Mixed Vegetables	
		Hamburger Pizza Logs Steak Fries		Bacon Cheeseburger Bflo Chicken Quesadilla French Fries		Turkey Burger with Peppers, Onions, and Cheese Tuna Melt Tater Tots		Black Bean Burger Spicy Pork Quesadilla French Fries		Grilled Lemon Garlic Chicken Zweigle Red Hot Sweet Potato French Fries		All Beef Hot Dog Chicken, Bacon, Ranch Quesadilla House-made Potato Chips		Honey Mustard Chicken Breakfast Sandwich on Bage! French Fries	
		Sausage, Pesto & Pasta Salad LoMein Noodle Salad Red Pepper Hummus		Sausage, Pesto & Pasta Salad LoMein Noodle Salad Red Pepper Hummus		Sausage, Pesto & Pasta Salad LoMein Noodle Salad Red Pepper Hummus		Broccoli Salad LoMein Noodle Salad Red Pepper Hummus		Broccoli Salad Loaded Baked Potato Salad Red Pepper Hummus		Broccoli Salad Loaded Baked Potato Salad Red Pepper Hummus		Broccoli Salad Loaded Baked Potato Salad Red Pepper Hummus	
		Chicken and Wild Rice Chipotle Butternut Squash Chili		Turkey Chili Tomato Basil		Creamy Chicken Noodle Vegetable		Cheesy Broccoli and Chicken Minestrone		Fish Chowder Black Bean		Chef's Soup du Jour		Chef's Soup du Jour	

* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

Denotes Vegetarian Item
Denotes Vegan Item
Denotes Gluten-Free Item