

Weekly Menu for April 21 - 27, 2008

Available Every Day

Breakfast: Chilled Juices, Cold Cereals, Yogurt, Soy Yogurt, Fresh Bagels, Fresh Fruit, MYO Waffle Bar, Vegan Waffles, Vegan Pancakes to Order, Daily Breakfast Pastries

Lunch: Salad Bar, Deli Bar, Pasta Bar, Wok Station, Daily Pizza, Fresh Fruit, Cold Cereals, Yogurt/Soy Yogurt, Fresh Bagels, Brown Rice, Refried Beans, Black Beans, Fresh Baked Cookie of the Day, Frozen Yogurt, Ice Cream

Dinner: Salad Bar, Deli Bar, Pasta Bar, Brown Rice, Refried Beans, Black Beans, Fresh Baked Bread, Frozen Yogurt Fresh Fruit, Cold Cereals, Yogurt/Soy Yogurt, Wok Station, Pizza Station

Monday

Breakfast: Oatmeal, Hard Boiled Eggs, Scrambled Eggs, Cheesy Scramble, Eggs to Order, Cook's Choice Pancakes, Bacon Strips, Fakin' Bacon, Tater Tots, Steamed Green Beans

Lunch: Vegetarian Split Pea Soup, Italian Deli Stromboli, Tofu and Artichoke Melts, Vegan Spinach Cakes with Tomato Concasse, Monthly Mix Vegetables, Steamed Corn, Waffle Fries, Timmy's Magic Cookie Bars

Dinner: Health and Wellness Dinner - Grilled Tarragon Chicken Breasts, Roasted Salmon with a Fennel-Bell Pepper Relish, Grilled Delftree Portobello Mushrooms, Steamed Organic Kale, Steamed Organic Broccoli, Roasted Organic Potatoes, Vegan Peanut Butter Bars

Tuesday

Breakfast: Vermont Morning, Hard Boiled Eggs, Scrambled Eggs, Garden Scramble, Eggs to Order, Cinnamon Raisin French Toast, Breakfast Sausage Links, Vegetarian Breakfast "Sausage" Links, Home Fries, Steamed Zucchini

Lunch: Portuguese Kale and Potato, Chicken Nuggets, Gardenburger Nuggets, Assorted Dipping Sauces, Shepherd's Pie, Vegetable Shepherd's Pie, Steamed Broccoli, Steamed Cauliflower, Cranberry Crunch

Dinner: Cuban Beef and Bell Peppers, Vegan Vegetable Etouffe, The Tao of Akara, Steamed Spinach, Steamed Brussels Sprouts, Steamed White Rice, Chocolate Banana Cake

Wednesday

Breakfast: Oatmeal, Hard Boiled Eggs, Scrambled Eggs, Eggs to Order, Cook's Choice Pancakes, Eggs Benedict, Canadian Bacon, Fakin' Bacon, Crispy Cubed Breakfast Potatoes, Steamed Spinach

Lunch: Roasted Red Pepper Cream Soup, Chicken Parmesan, Eggplant Cacciatore, Herbed Linguini, Steamed Peas, Steamed Greens, Chocolate Tarts with Whipped Cream

Dinner: Taco Night - Beef, Chicken and Tofu Taco Fillings, Taco Topping Bar, Nacho Grande, Mexican Bean Bake, Steamed Corn, Cornbread, Assorted Fruit Pies

Thursday

Breakfast: Cream of Rice Cereal, Hard Boiled Eggs, Scrambled Eggs, Mexican Scramble, Eggs to Order, Chocolate French Toast, Sausage Patties, Vegetarian Breakfast Sausage Patties, Hash Browns, Steamed Cauliflower

Lunch: Cream of Broccoli Soup, Gourmet Hot Dog Bar, Vegan Vegetable Chili, Steamed Broccoli, Steamed Zucchini & Yellow Squash, French Fries, Rice Krispies Squares

Dinner: Montreal Baked Chicken, Stuffed Shells with Marinara, Vegan Stuffed Shells with Marinara, Steamed Broccoli, Vegetable Medley, Carrot Cake with Cream Cheese Frosting

Friday

Breakfast: Oatmeal, Hard Boiled Eggs, Scrambled Eggs, Greek Scramble, Eggs to Order, Cook's Choice Pancakes, Bacon Strips, Fakin' Bacon, Country Potatoes, Steamed Broccoli

Lunch: Tomato Soup, Grilled Cheese Sandwiches on Whole Wheat Bread, Grilled Thai Chicken Salad, Cavatappi with Spinach, White Beans & Sun-Dried Tomatoes, Steamed Peas, Steamed Bok Choy, French Fries, Black Forest Brownies

Dinner: BBQ Short Ribs, Cajun Catfish, Vegan BBQ Riblets, Steamed Collard Greens, Steamed Cauliflower, Monterey Jack, Corn and Roasted Red Pepper Risotto, Onion Rings, Texas Sheet Cake

Saturday

Brunch: Soup of the Day, Cheesy Grits, Hard Boiled Eggs, Scrambled Eggs, Garden Scramble, Cinnamon French Toast, Bacon Strips, Fakin' Bacon, Crispy Cubed Breakfast Potatoes, Steamed Yellow Squash

Dinner: Roast Turkey Breast with Gravy, Tofurkey with Vegan "Giblet" & Mushroom Gravy, Peas and Pearl Onions, Baked Cinnamon Apples, Bread Stuffing, Baked Yams, Pumpkin Pies with Whipped Cream

Sunday

Brunch: Soup of the Day, Maypo Cereal, Hard Boiled Eggs, Scrambled Eggs, Fried Eggs, Sausage Patties, Vegetarian Breakfast "Sausage" Patties, Home Fries, Steamed Kale

Dinner: Roasted Top Round of Beef with Gravy, Tofu Spanikopita, Broccoli with Roasted Red Peppers, Pennsylvania Red Cabbage, Mashed Potatoes, Vegetable Gravy, Ice Cream Sundae Bar