	10/3/2016 Monday	10/4/2016 Tuesday	10/5/2016 Wednesday	10/6/2016 Thursday	10/7/2016 Friday	10/8/2016 Saturday	10/9/2016 Sunday
BREAKFAST	Apple Cinnamon Whole Wheat Pancake		Eggs Benedict	Bacon	Blueberry Buttermilk Pancakes		
Entree	Bacon Fried Egg Hash Brown Potato Patty Old Fashioned Oatmeal Pork Sausage Patty Scrambled Eggs Cantaloupe Diced Pineapple Honey Granola Honeydew Melon Raisins	Bacon French Toast Old Fashioned Oatmeal Roasted Potatoes Scrambled Eggs Turkey Sausage Link Cantaloupe Diced Pineapple Honeydew Melon Raisins Strawberry Yogurt Vanilla Yogurt	Hash Brown Potatoes Old Fashioned Oatmeal Pork Sausage Links Scrambled Eggs Turkey Bacon Whole Wheat Pancakes Cantaloupe Diced Pineapple Honeydew Melon Raisins Strawberry Yogurt Vanila Yogurt	Chocolate Chip Buttermilk Pancakes Fried Egg Hash Browns Old Fashioned Oatmeal Scrambled Eggs Turkey Sausage Patty Cantaloupe Diced Pineapple Honey Granola Honeydew Melon Raisins	Home Fries Old Fashioned Oatmeal Pork Sausage Patty Scrambled Eggs Tofu-Potato Hash Turkey Bacon Cantaloupe Diced Pineapple Honey Granola Honeydew Melon Raisins	Bacon Banana Buttermilk Pancake Crispy Tater Puffs Old Fashioned Oatmeal Scrambled Eggs Turkey Sausage Patty Broccoli Cheddar Soup Apple-Topped Cinnamon Roll Carrot Raisin Mini Muffin	French Toast O'Brien Potatoes Old Fashioned Oatmeal Pork Sausage Links Scrambled Eggs Turkey Bacon Roasted Corn & Potato Soup Strawberry Oatmeal Bar Vegan Spiced Apple Harvest Cake
Fruit & Yogurt Bar Soup Station	Strawberry Yogurt Vanilla Yogurt Whipped Cream Cheese Whipped Margarine Banana Muffin	Vanilla Yogurt Whipped Cream Cheese Whipped Margarine	Vanilla Yogurt Whipped Cream Cheese Whipped Margarine	Strawberry Yogurt Vanilla Yogurt Whipped Cream Cheese Whipped Margarine	Strawberry Yogurt Vanilla Yogurt Whipped Cream Cheese Whipped Margarine Banana Bread		
Bakery / Dessert	Powdered Sugar Donut Bites Vegan Banana Walnut Cake	Banana Muffin Vegan Banana Walnut Cake	Chocolate Chip Muffin Vegan Carrot Spice Cake	Chocolate Chip Muffin Vegan Carrot Spice Cake	Blueberry Muffin Vegan Spiced Apple Harvest Cake		
	LUNCH						
	Entree	Baked Macaroni & Cheese Sauteed Kale & Brussels Sprouts	Eggplant in Garlic Sauce Gochujang	Garlic Toast Italian Roasted Vegetables	Garden Vegetables Mexican Rice	Buttery Penne Grilled Italian Sausage	
		Sloppy Joe	Korean-Style Fried Chicken Drumstic Vegetable Fried Rice	k Sausage & Mushroom Cavatappi	Vegan Beef Burrito	Kale with Caramelized Onions Sauteed Red & Green Peppers	
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	Soup Station	Chicken Gumbo with Brown Rice Vegetable Bean Soup	Beef Vegetable Noodle Soup Hearty Lentil & Potato Soup	Beef & Rice Soup Butternut Squash Bisque	Chile Cheddar Potato Soup Pasta Fagioli	Manhattan Clam Chowder Three Bean Chili	
	Vegan Station Hot	Cilantro-Lime Brown Rice Seasoned Black Beans	Chermoula Roasted Vegetable Plate Seasoned Black Beans Toasted Barley	Channa Masala Jasmine Rice Vegan Beef Burrito	Barley and Vegetable Ragout Brown Rice Charro Beans	Seasoned Black Beans Tofu-Potato Hash Yellow Rice	
	Grill	Portobello & Pesto Baguette Roasted Root Vegetables Sweet Potato Fries	Mexican Rice Mexi-Corn Queso Dip Tortilla Straws Veggie Quesadilla	Crispy Onion Rings Grilled Ham & Cheese Sandwich Texas Grilled Cheese	Sauteed Bruschetta Ravioli	Baked Sweet Potato Fries Kaiser Roll	
	Bakery / Dessert	Peanut Butter Pretzel Cereal Bar Sugar Cookie	Fudge Brownie Vegan Oatmeal Cookie	Chocolate Chip Cookie Vegan Brownie	Chocolate Crinkle Cookie Vegan Peanut Butter Cookie	Sugar Cookie Vegan Snickerdoodle	
	Dinner						
	Saute Station	Jasmine Rice Szechuan Beef Tempura Tofu	Seasoned Rice Sweet & Sour Pork	Gluten Free Penne Pepperoni & Mushroom Cavatappi	Japanese Beef Chilled Noodle Salad Tempura Tofu	Bow Tie Alfredo with Bacon Garlic Toast Gluten Free Penne	-

Entree	Basmati Rice Chicken Tikka Masala Seasoned Spinach	Buttery Penne Chicken with Marsala Sauce Lemon Broccoli	Green Beans & Carrots Penne Vegan Meat Sauce	Carrots Chicken Tagine Couscous	Cajun Brown Rice California Blend Vegetables Chicken & Shrimp Creole	Bow Ties with Broccoli & Ricotta Grilled Rosemary Flatbread Italian Vegetable Blend	Breaded Turkey Cutlet Ginger Honey Glazed Carrots Remoulade Roasted Garlic Potatoes
Vegan Station Hot	Jasmine Rice Vegan Thai Curry White Beans	Brown Lentils Jasmine Rice	Jasmine Rice Rice Noodle & Vegetable Stir-Fry Southwest Black Beans	Almond Raisin Jasmine Rice Aloo Gobi Vegetable Balti	Cannellini Beans Jasmine Rice Pumpkin-Curry Vegetable Saute	Cilantro-Lime Barley Garbanzo Beans Moroccan Vegetable Stew	Jasmine Rice Mediterranean Saute with Orzo
Grill	Pepperoni Calzone Spinach Ricotta Calzone	BBQ Tofu Garlic Bread	Four Cheese Flatbread Garlic Shrimp Flatbread	Penne & Butternut Squash Casserole	Cheese Pizza Chipotle Ranch Chicken Pizza Four Cheese Pizza Pepperoni Pizza	Garlic Mashed Sweet Potatoes Green Peas Seasoned Corn Stuffed Pork Chop	Pumpkin-Curry Vegetable Saute
Bakery / Dessert	Cranberry Molasses Shortcake	Old-Fashioned Bread Pudding Red Velvet Cupcake				Peanut Butter Devil's Food Cake Strawberry-Mint Shortcake	Ice Cream Sundae