

WEEK 1

Cycle / Week 1- Cycle 2	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfast		BRUNCH	BRUNCH				
Centerplate	Scrambled Eggs (E)	Scrambled Eggs (E)	Scrambled Eggs (E)	Scrambled Eggs (E)	Scrambled Eggs (E)	Scrambled Eggs (E)	Scrambled Eggs (E)
Protein	Fried Egg (E)	Fried Egg (E)	Fried Egg (E)	Fried Egg (E)	Fried Egg (E)	Fried Egg (E)	Fried Egg (E)
Protein	Canadian Bacon	Bacon	Canadian Bacon	Bacon	Canadian Bacon	Bacon	Canadian Bacon
Protein	Maple Sausage Links	Pork Sausage Patties/links	Pork Sausage Patties/links	Pork Sausage Patties/links	Pork Sausage Patties/links	Pork Sausage Patties/links	Pork Sausage Patties/links
Breakfast Special	Waffles (D,E,G,S)	Pancakes (plain/choc chip)(D,E,G,S)	French Toast (D,E,G,S,Sesame)	Pancakes (plain/blueberry) (D,E,G)	Cinnamon Swirl French Toast (D,E,G)	Pancakes (Plain/Cinnamon) (D,E,G)	French Toast (D,E,G,S,Sesame)
Breakfast Entrée	Steak and Egg Scramble (D,E,S)	Ham and Cheese Scrambled Egg (D,E)	Biscuits and Sausage Gravy (D,G,S)	Farmer's Scramble (D,E)	Egg White, Tomato, Spinach (E)	Southwest Scramble (D,E)	Sausage, Egg and Chesse Bake (D,E)
Starch	Tri Tator (vegan)	Tator Tots (vegan)	Roasted Red Potatoes (vegan)	Hash Browns (vegan)	Tri Tator (vegan)	Tator Tots (vegan)	Hash Browns (vegan)
Hot Cereal	Oatmeal/Grits or Cream of Wheat (vegan)	Oatmeal/Grits or Cream of Wheat (G)(vegan)	Oatmeal/Grits or Cream of Wheat (G) (vegan)	Oatmeal/Grits or Cream of Wheat (G) (vegan)	Oatmeal/Grits or Cream of Wheat (G) (vegan)	Oatmeal/Grits or Cream of Wheat (G) (vegan)	Oatmeal/Grits or Cream of Wheat (G) (vegan)
	Breads & Pastries (G)	Breads & Pastries (G)	Breads & Pastries (G)	Breads & Pastries (G)	Breads & Pastries (G)	Breads & Pastries (G)	Breads & Pastries (G)
	Yogurt (D) / Fresh Fruit (vegan)	Yogurt (D) / Fresh Fruit (vegan)	Yogurt (D) / Fresh Fruit (vegan)	Yogurt (D) / Fresh Fruit (vegan)	Yogurt (D) / Fresh Fruit (vegan)	Yogurt (D) / Fresh Fruit (vegan)	Yogurt (D) / Fresh Fruit (vegan)
	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
Lunch		BRUNCH	BRUNCH				
Soup	Sante Fe Black Bean	Chili Con Carne (G,S)	French Onion (D,G,S)	Italian Wedding (D,G,S)	Classic Tomato Soup (D,G)	Shrimp Chowder (D,G,SF,S)	Chicken Noodle (E,G,S)
Salad	Gorgonzola Pear Chop Salad (D,N)	Gorgonzola Pear Chop Salad (D,N)	Gorgonzola Pear Chop Salad (D,N)	Gorgonzola Pear Chop Salad (D,N)	Gorgonzola Pear Chop Salad (D,N)	Gorgonzola Pear Chop Salad (D,N)	Gorgonzola Pear Chop Salad (D,N)
Pizza	Bacon Pineapple (D,G)	Chef's Choice (D,G)	Chef's Choice (D,G)	Chicken Bacon Ranch (D,E,G,S)	Chicken Bacon Ranch (D,E,G,S)	Chicken Bacon Ranch (D,E,G,S)	Chicken Bacon Ranch (D,E,G,S)
Omelet	Philly Steak & Sauce (E,D)			Chesapeake (E,SF)	Chesapeake (E,SF)	Chesapeake (E,SF)	Chesapeake (E,SF)
Mongo						Open at Dinner	Open at Lunch
Saute	Open at Lunch			Open at Dinner	Open at Dinner	Open at Lunch	Open at Dinner
CP Entrée #1	Bacon Ranch Chicken (D,E)	Pretzel Bar	Pasta Bar	Breaded Chicken Parmesan (D,G)	Grilled Cheese White (D,G,S,Sesame)	Turkey Meatballs Subs (D,G,S)	BBQ Chicken Breast
Entrée #2	Fried Cod Sticks (E,D,G,SF)			Meat Sauce	Grilled Cheese Wheat (D,G,S)	Chicken Tikka Masala (D)	Smoked Baby Back Ribs (S)
Vegetable	Broccoli (vegan)			Italian Blend Vegetables (vegan)	Zucchini, Squash, Tomatoes (vegan)	Edamame Succotash (vegan,S)	Broccoli (vegan)
Vegetable	White Sweet Corn (vegan)			Broccoli Florets (vegan)	Steamed Cauliflower (vegan)	Vegetable Somosa (vegan,G)	Peas and Carrots (vegan)
Starch	Red Quinoa & Orzo Veggie Blend (vegan,G)			Spaghetti (G)	Curly Fries (vegan)	Garlic Naan Bread (D,E,G)	Roasted Potatoes (vegan)
Starch	Baked Sweet Potato (vegan)			Garlic Toast (G)	Corn Nuggets (D,G)	Basmati Rice (vegan)	Corn Bread Biscuits (G)
Dinner							
CP Entrée #1	General Tso (D,E,G,S)	Cherry Wood Smoked Beef (G,S)	Baked BBQ & Hot Chicken Drumsticks	Beef Pot Roast (G,S)	Mesquite Smoked Pulled Pork	Stuffed Chicken Breast with Gravy (D,E,G,S)	Chicken Fries (G,S)
Entrée #2	Fish Du Jour (SF)	Ancho Chipotle Chicken (D,E)	Popcorn Shrimp (D,E,G,S,SF)	Pasta with Vodka Clam Sauce (SF,G)	Citrus Marinated Salmon (SF)	Breaded Flounder (D,E,F,G)	Potato Crusted Cod (D,G,SF)
Vegetables	Garlic Soy Snap Peas (vegan,G,S)	Fried Onion Petals (D,G)	Green Beans (vegan)	Saute Mushrooms & Tomato (vegan)	Corn (vegan)	Parisian Carrots (vegan)	Green Beans (vegan)
Vegetables	Curried Vegetable Blend (vegan,S)	Broccoli & Cauliflower (vegan)	Roasted Brussel Sprouts (vegan)	Normandy Blend (vegan)	Peas & Carmelized Onions (vegan)	Riviera Blend (vegan)	Mixed Vegetables (vegan)
Starch	Thai Spring Roll (Vegan,G,S,Sesame)	Cheddar Rice with Peas (D)	Sidewinder Fries (G)	Quinoa Pilaf (vegan)	Baked Sweet Potato (vegan)	Wild Rice Pilaf (vegan)	Mac & Cheese (D,G,S)
Starch	Fried Rice (E,G,S,Sesame)	Roasted Potatoes (vegan)	Parslied Buttered Noodles (D,G,S)	Mashed Potato (D)	Penne with Herb Butter (D,G,S)	Au Gratin Potatoes (D)	Baked Potato (vegan)

G= Gluten
D= Dairy
N= Nuts/Tree Nuts
E= Egg
SF= Seafood/Shellfish
S= Soy