










Week 3 Breakfast and Lunch Menu

	Monday 25-Feb	Tuesday 26-Feb	Wednesday 27-Feb	Thursday 28-Feb	Friday 1-Mar	Saturday 2-Mar	Sunday 3-Mar
	English Muffin Breakfast Sandwich GF Crispy Bacon LW Turkey Sausage Links Cinnamon Maple French Toast LW GF Potatoes O'Brien Grits LW GF Eggs and Omelets to Order Belgian Waffle Bar with Fruit Toppings	LW GF Scrambled Eggs LW GF Turkey Bacon Sausage Patties Greek Frittata LW GF Hash Brown Patty Cream of Wheat LW GF Eggs and Omelets to Order Belgian Waffle Bar with Fruit Toppings	Croissant Breakfast Sandwich GF Crispy Bacon LW Turkey Sausage Patties Blueberry Pancakes LW GF Shredded Hash Browns Oatmeal LW GF Eggs and Omelets to Order Belgian Waffle Bar with Fruit Toppings	LW GF Scrambled Eggs LW GF Turkey Bacon Pork Sausage GF Quiche Lorraine LW GF Tater Tots Cheesy Grits LW GF Eggs and Omelets to Order Belgian Waffle Bar with Fruit Toppings	Bagel Breakfast Sandwich GF Crispy Bacon LW Turkey Sausage Links French Toast Sticks LW GF Home Fries Honey Oats LW GF Eggs and Omelets to Order Belgian Waffle Bar with Fruit Toppings	LW GF Scrambled Eggs GF Crispy Bacon Sausage Patties French Toast Sticks LW GF Tater Tots Oatmeal Belgian Waffle Bar with Fruit Toppings	LW GF Scrambled Eggs LW GF Turkey Bacon Sausage Links French Toast Sticks LW GF Hash Brown Patty Oatmeal Belgian Waffle Bar with Fruit Toppings
	LW Fish Tacos Choice of: Hard or Soft Shells Blackened Haddock Limes, Rice, Beans Shredded Lettuce, Cheese Salsa, and Sour Cream	Pasta Bar Build Your Own Pasta Featuring Different Types of Pasta Choice of House Made Sauces w Garlic Bread	Lackawanna College Culinary Student Action Station Eggs Benedict served on Home Made English Muffins Topped with Hollandaise & Home Fried Potatoes	Carving Station Carved Pineapple Glazed Ham Mashed Potatoes Dinner Rolls	Nacho Bar Ground Beef Tortilla Chips Jalapenos, Cheese, Sour Cream Shredded Lettuce, Scallions	Eggs Your Way American and Cheddar Cheese Ham, Bacon and Sausage Tomatoes Peppers Onions, Mushrooms	Hot Omelet Skillet American and Cheddar Cheese Ham, Bacon and Sausage Tomatoes Peppers Onions, Mushrooms
	Chicken Caesar Wrap	Turkey BLT	LW Hot Toasted Veggie & Cheese Sandwich	BBQ Pulled Pork Sandwich	LW Chefs Special Chicken Salad	Deli at Salad Bar	Deli at Salad Bar
	Turkey-Portabella Tetrazzini LW Vegetable Tetrazzini LW Roasted Butternut Squash LW California Blend	Cashew Crusted Chicken LW Cashew Tofu LW Yakisoba Noodles LW Seared Tomatoes w/ Green Beans Garlic Butter Mushroom	LW Baked Haddock LW Vegetable Au Gratin LW Rice Pilaf Sauteed Mixed Greens LW Roasted Parsnips	Beef Enchilada Casserole LW Mexican Quinoa LW Glazed Carrots Soy Seared Zucchini LW Roasted Parsnips	Chicken Marsala LW Eggplant Ragu LW Jasmine Rice LW Shaved Brussel Sprouts LW Spaghetti Squash		
	BBQ Chicken Pizza Cheese Pizza Pepperoni Pizza Garlic Spinach Bowties Linguine w/ White Clam Sauce	Garlic Knots Cheese Pizza Pepperoni Pizza Broccoli & Shells Stir Fried Noodles	Margherita Pizza Cheese Pizza Pepperoni Pizza Shrimp Fajita Pasta BOOM BOOM Pasta	Chicken Bacon Ranch Pizza Cheese Pizza Pepperoni Pizza Spaghetti w/ Spicy Marinara Caprese Chicken & Quinoa Bake	Personal Pizza Pitas Cheese Pizza Pepperoni Pizza Penne Alfredo Mac 'N' Cheese	Brick Oven Special Cheese Pizza Pepperoni Pizza Assorted Sauces Assorted Pasta	Brick Oven Special Cheese Pizza Pepperoni Pizza Assorted Sauces Assorted Pasta
	Meatball Hoagies w/ Mozzarella Cheese Grilled Cheese / Hot Dogs French Fries/ Black Bean Burger	Aussie Chicken Sandwich Honey Mustard, Cheese, & Bacon Grilled Cheese / Hot Dogs French Fries/ Black Bean Burger	BLT Quesadillas w/ Salsa and Sour Cream Grilled Cheese / Hot Dogs French Fries/ Black Bean Burger	Its' A Gouda Burger Topped with Gouda Beer Cheese Grilled Cheese / Hot Dogs French Fries/ Black Bean Burger	Golden Chicken Tenders Spiral Fries Grilled Cheese / Hot Dogs French Fries/ Black Bean Burger	Fries of the Day Grilled Burgers/ Grilled Chicken Grilled Cheese / Hot Dogs Black Bean Burger	Fries of the Day Grilled Burgers/Grilled Chicken Grilled Cheese / Hot Dogs Black Bean Burger
	Buffalo Macaroni Salad Broccoli Salad Veggie Dip w/ Crostini	Buffalo Macaroni Salad Broccoli Salad Veggie Dip w/ Crostini	Tortellini Salad Apple & Cranberry Salad Veggie Dip w/ Crostini	Tortellini Salad Apple & Cranberry Salad Spinach Dip w/ Pita Chips	Potato Salad Egg Salad Spinach Dip w/ Pita Chips	Chef Choice Salad Chef Choice	Chef Choice Salad Chef Choice
	Corn Chowder Soup GF Chefs Special Beef Chili	LW Chicken Noodle Soup GF Chefs Special Beef Chili	Beer & Gouda Soup GF Chefs Special Beef Chili	LW Vegetable & Rice Soup GF Chefs Special Beef Chili	Shrimp Bisque GF Chefs Special Beef Chili	Soup of The Day GF Chefs Special Beef Chili	Soup Of The Day GF Chefs Special Beef Chili

Vegetarian - 

Vegan - 

Contains Shellfish 

Gluten Free - **GF**