











Week 3 Breakfast and Lunch Menu

| | Monday 24-Feb | Tuesday 25-Feb | Wednesday 26-Feb | Thursday 27-Feb | Friday 28-Feb | Saturday 29-Feb | Sunday 1-Mar | |
|---|--|--|--|--|--|--|---|--|
|  | English Muffin Breakfast Sandwich GF Crispy Bacon LW Turkey Sausage Links ◊ Cinnamon Maple French Toast LW GF Sliced Breakfast Potatoes ◊ Loaded Grits LW GF Eggs and Omelets to Order ◊ Belgian Waffle Bar with Fruit Toppings | LW GF Scrambled Eggs LW GF Turkey Bacon Sausage Patties Breakfast Burrito 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 Vanilla & Cinnamon Bread Pudding 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 Cinnamon Apple Oatmeal 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 | |
|  | Shrimp Po' Boys Deep Fried Shrimp Lettuce, Tomatoes Spicy Remoulade | Falcon Bowl Mashed Potatoes, Cheddar Cheese Beef Gravy, Chives, & Corn Tossed with Popcorn Chicken | Nacho Bar Ground Beef Tortilla Chips Jalapenos, Cheese, Sour Cream Shredded Lettuce, Scallions | Carving Station Carved Pineapple Glazed Ham Mashed Potatoes Dinner Rolls | LW Fish Tacos Choice of: Hard or Soft Shells Blackened Haddock Limes, Rice, Beans Shredded Lettuce, Cheese Salsa, and Sour Cream | 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 | |
|  | Italian Hoagie | California Turkey Flat Bread w Avocado Spread | BBQ Pulled Pork Sandwich | Portabella Burger | LW Tuna Salad Melt | Chef's Choice | Chef's Choice | |
|  | Turkey-Portabella Tetrazzini LW ◊ Vegetable Tetrazzini LW ◊ Roasted Butternut Squash LW • California Blend | Sesame Chicken LW ◊ Cashew Tofu LW ◊ Stir Fried Green Tea Noodles LW • Seared Tomatoes w/ Green Beans Garlic Butter Mushroom | LW Baked Haddock LW • Vegetable Au Gratin LW • Rice Pilaf • Sautéed Mixed Greens LW ◊ Roasted Parsnips | Beef Enchiladas Tofu Enchiladas LW • Mexican Quinoa • Glazed Carrots ◊ Soy Seared Zucchini | Shrimp Marsala LW • Eggplant Ragu LW • Jasmine Rice LW • Shaved Brussel Sprouts LW ◊ Spaghetti Squash | | | |
|  | BBQ Chicken Pizza ◊ Cheese Pizza Pepperoni Pizza ◊ Garlic Spinach Bowties Pesto Alfredo w/ Bruschetta | Cheese Burger Pizza ◊ Cheese Pizza Pepperoni Pizza Broccoli & Shells 3 Cheese Pasta Bake | ◊ Hot Wing Pizza ◊ Cheese Pizza Pepperoni Pizza Shrimp Fajita Pasta  Ravioli Lasagna | Flat Bread Pizza ◊ Cheese Pizza Pepperoni Pizza ◊ Spaghetti w/ Spicy Marinara Italian Sausage Bake | ◊ Personal Pizza Pitas ◊ Cheese Pizza Pepperoni Pizza Spinach & Sundried Tomato Tortellini ◊ 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 | Falconator Wrap Ground Beef , Lettuce, Tomato, Zesty Sauce 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 | 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 | Grilled Burgers/ Grilled Chicken Grilled Cheese / Hot Dogs ◊ Black Bean Burger | Grilled Burgers/Grilled Chicken Grilled Cheese / Hot Dogs ◊ Black Bean Burger | |
|  | Chicken Caesar Salad • Broccoli Salad ◊ Veggie Dip w/ Crostini | Chicken Caesar Salad • Broccoli Salad ◊ Veggie Dip w/ Crostini | ◊ Buffalo Macaroni Salad • Apple & Cranberry Salad ◊ Veggie Dip w/ Crostini | ◊ Buffalo Macaroni Salad • Apple & Cranberry Salad ◊ Spinach Dip w/ Pita Chips | ◊ Tortellini Salad Sour Cream & Dill Salad Avocado & Lime Hummus | Chef Choice Salad Chef Choice | Chef Choice Salad Chef Choice | |
|  | Chicken Fiesta Soup GF Chefs Special Beef Chili | Mulligatawny 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 | Soup Of The Day | |

Vegetarian - ◊

Vegan - •

Contains Shellfish 

Gluten Free - **GF**

* 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.