



Cycle Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAIN LINE	BREAKFAST						
	French Toast Sticks (3619) Bacon (608) Turkey Sausage Patty (45075) Tator Tots (1178) Plain Scrambled Eggs (2032.23) Broccoli Quiche (2061)	Original Pancakes (616) Turkey Sausage Links (5828) Sausage Gravy & Biscuit (3872 & 332.3) Home Fries (772) Plain Scrambled Eggs (2032.23) Scrambled Eggs with Cheddar (4299)	Cinnamon French Toast (615.13) Corned Beef Hash (42695) Turkey Sausage Patty (45075) Hash Browns (552) Plain Scrambled Eggs (2032.23) Ham and Cheese Eggs (5668.13)	Banana Pancakes (4820) Bacon (608) Turkey Sausage Links (5828) Home Fries (772) Plain Scrambled Eggs (2032.23) Spinach & Cheese Quiche (5595)	French Dipped Waffles (615.9) Turkey Sausage Patty (45075) Pork Sausage Patty (2060) Tator Tots (1178) Plain Scrambled Eggs (2032.23) Scrambled Eggs with Cheese (4299)	Cinnamon Maple Pancakes (19558.1) Turkey Sausage Patty (45075) Pork Sausage Links (1125) Home Fries (772) Plain Scrambled Eggs (2032.23) Bacon & Cheddar Scrambled Eggs (45074)	French Toast (615.13) Bacon (608) Turkey Sausage Patty (45075) Hash Browns (552) Plain Scrambled Eggs (2032.23) Scrambled Eggs with Cheddar (4299)
	Served daily						
Served daily	Omelets or Any Style Egg Prepared to Order (8786.4) Waffle Bar Toppings (45095)	Breakfast Sandwiches Prepare to Order (43582) Buttermilk Biscuits (3872) Kellogg's 8 Cereal Selection	Assorted Bagels (1110) Home-style Grits (612) Whole Fruits (1638, 1138, 1318)	Whole Grain English Muffins (1409) Oatmeal w/Brown Sugar & Raisins (3428.10) Assorted 100% Juices	Assorted Mini Muffins & Danishes (45097) Assorted Jellies, Whipped Butter, Cream Cheese Spreads & Peanut Butter (45098) Fountain Beverages	Freshly Cut Fruit (8278) Whole (3889), 2%(14924), Skim(14925) & Choc Milk(3851)	Regular(7791) & Non-fat Yogurt (7678) Spectrum Purified Water
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAIN LINE	LUNCH						
	Blackened Chicken Breast (46000) Jerk Chicken and Shrimp Lima Beans (1277.2) Dirty Rice (548.1) Linguine Roasted Zucchini with Tomatoes (8122.10)	Turkey Pot Pie with Biscuit Topping (4704) Roast Beef Au Jus (967) Seasoned Brown Rice (5315.2) Corn on the Cob (26035) Au Gratin Potatoes (561.5) Glazed Carrots (524)	Savory Fried Chicken (45024) Shrimp Lo Mein (4699.2) Braised Collard Greens (751.6) White Rice (45085) with Gravy (1468) Candied Sweet Potato (983) Macaroni & Cheese (43451)	Chicken Etouffe (43543) Honey Bourbon Pork Loin (6924) Steamed Broccoli Rice Pilaf (988.8) Parmesan Roasted Potatoes ^ (4490) Steamed Carrots	Southern Fried Fish (446.1) Turkey Meatloaf (7738) Fried Potatoes (14120) Lemon Dill Rice (2144.2) Fried Napa Cabbage (43602.1) Corn on the Cob (26035)	Beef Teriyaki (961.15) Cilantro Lime Rice (23192.6) Stir Fry Vegetables (3540.10) Vegetable Medley (43544)	Carved Smoked Ham (9010.1) Mashed Potatoes with Gravy (977) Vegetable Medley (43544)
VEGETARIAN	Fried Rice with Tofu (22160.1)	Vegetable Monterey Casserole Au Gratin (4472.2)	Twice Baked Vegetables and Potatoes (57581)	Pasta with Garden Bolognese Sauce (19985.2)	Vegetable Lasagna (1375.7)	Beer Batter Fried Tofu & Chips (45015)	Zucchini and Goat Cheese Stuffed Sweet Potatoes (8989.1)
SOUP	Chicken and Wild Rice (13848) Barley and Creamy Lentil (68769)	Corn Chowder (3502) Split Pea & Ham (13300)	Twelve Veggie (68589) Baked Stuffed Potato (3505)	Potato Leek (4537) Roasted Eggplant (68770)	Southwest Tortilla (4469) Three Bean and Swiss Chard (75663)	Thai Coconut Curry Soup (16511) Curried Rice & Lentil (13840)	Black Bean Soup (4468) Tomato Basil Bisque (3506)
Grill	Chicken Sandwich (3631.3) French Fries 3/8 (39862) Grilled Veggie Burger (4405.11) **Daily	Corn Dog (10958) Onion Rings 3/8 (539) Grilled Veggie Burger (4405.11) **Daily	Mushrooms Swiss Turkey Burger (60343) Curly Fries (769) Grilled Veggie Burger (4405.11)	Hot Dog (6062) or Sausage (42869) Shoestring Fries (5682) Grilled Veggie Burger (4405.11)	Chicken Tender Basket (11332) French Fries 3/8 (39862) Grilled Veggie Burger (4405.11)	Fish Sandwich (4451.2) Onion Rings 3/8 (539) Grilled Veggie Burger (4405.11)	Trainwreck Fries 27463 Curly Fries (769) Grilled Veggie Burger (4405.11)

Pizza	Sausage Pizza (14403.10)	Buffalo Chicken Pizza (26311.12)	Meatball Pizza (1551.22)	Steak & Cheese Calzone (9072.1)	Chicken Ranch Pizza (1551.18)	Meat Supreme Pizza (4260)	Bacon Cheddar Pizza (14403.35)
	Cheese (1551.21) & Pepperoni Pizza (1551.19)	Cheese (1551.21) & Pepperoni Pizza (1551.19)	Cheese (1551.21) & Pepperoni Pizza (1551.19)	Cheese (1551.21) & Pepperoni Pizza (1551.19)	Cheese (1551.21) & Pepperoni Pizza (1551.19)	Cheese (1551.21) & Pepperoni Pizza (1551.19)	Cheese (1551.21) & Pepperoni Pizza (1551.19)
	Three Cheese Calzone (7857)	Italian Peppers & Onions Calzone (4527)	Four Cheese Stromboli w/ Broccoli (45939.17)	Cinnamon Dessert Pizza (14403.5)	Italian Calzone (15837)	Broccoli & Spinach Calzone (7857)	Breakfast Pizza w/Egg & Sausage (3370)

"GARLIC KNOTS, BREAD STICKS, GARLIC BREAD, MARINARA SAUCE, TO BE OFFERED DAILY"

Pasta Station	Rotini (42892), Penne (42893), or Linguini(42895) Pasta	Rotini (42892), Penne (42893), or Linguini(42895) Pasta	Rotini (42892), Penne (42893), or Linguini(42895) Pasta	Rotini (42892), Penne (42893), or Linguini(42895) Pasta	Rotini (42892), Penne (42893), or Linguini(42895) Pasta	Rotini (42892), Penne (42893), or Linguini(42895) Pasta	Rotini (42892), Penne (42893), or Linguini(42895) Pasta
	Meat (5822.4), Marinara (986) & Alfredo (28973.2) Sauce	Meat (5822.4), Marinara (986) & Alfredo (28973.2) Sauce	Meat (5822.4), Marinara (986) & Alfredo (28973.2) Sauce	Meat (5822.4), Marinara (986) & Alfredo (28973.2) Sauce	Meat (5822.4), Marinara (986) & Alfredo (28973.2) Sauce	Meat (5822.4), Marinara (986) & Alfredo (28973.2) Sauce	Meat (5822.4), Marinara (986) & Alfredo (28973.2) Sauce
	Garlic Bread (5261)& Bread Stix (5262)	Garlic Bread (5261)& Bread Stix (5262)	Garlic Bread (5261)& Bread Stix (5262)	Garlic Bread (5261)& Bread Stix (5262)	Garlic Bread (5261)& Bread Stix (5262)	Garlic Bread (5261)& Bread Stix (5262)	Garlic Bread (5261)& Bread Stix (5262)

Specialty Salads	Waldorf Apple Pecan Salad (5876.3)	Tortellini Caesar Salad (4022.1)	Loaded Potato Salad 34989	Dilled Cucumber Salad (35077)	Broccoli and Red Onions (35086.2)	Black Beans with Tomato Salad (1155.1)	Confetti Pasta Salad (28563.1)
	Featuring a daily specialty sandwich, fresh selection of grilled sliced vegetables, 6 toppings', turkey, ham, roast beef ,corn beef, chicken or tuna salad. Featuring assorted wrap's, rye, whole grain, sub & wheat breads.						

DELI STATION	Carribbean Black Bean Wrap 19931	Turkey Rachel (25090.4)	Roast Beef & Horseradish Aioli Sandwich (1085.2)	Cajun Chicken Breast with Pepper Jack Cheese (4638.2)	American Hoagie (4742)	Turkey Club Sandwich (White Toast) (3470)	Ginger Vegetable Salad Wrap (44947)
	Tossed Side Salad (7845.7)	Coleslaw (17429)	Potato Chips (1774)	Sweet Potato Chips (3595)	Vegetable Antipasto Salad (4746)	Trinity Pickle (43650)	Pretzels (7083)

Dessert	Southern Sweet Potato & Pecan Bars (29536)	Mini Red Velvet Cupcake with Cream Cheese Frosting (22265.2)	Peach Cobbler (202)	Strawberry Cake (226)	Apple Cake (236.4)	Fruit Tart (5255)	Chocolate Cake (5038)
	Assorted Cookies Selection (8247)	Assorted Pies (45103)	Assorted Cookies Selection (8247)	Assorted Pies (45103)	Assorted Cookies Selection (8247)	Assorted Pies (45103)	Assorted Pies (45103)
	Pudding Of The Day (45102)	Pudding Of The Day (45102)	Pudding Of The Day (45102)	Pudding Of The Day (45102)	Pudding Of The Day (45102)	Pudding Of The Day (45102)	Pudding Of The Day (45102)
	Chilled Selections of Jell-O (4427.1)	Chilled Selections of Jell-O (4427.1)	Chilled Selections of Jell-O (4427.1)	Chilled Selections of Jell-O (4427.1)	Chilled Selections of Jell-O (4427.1)	Chilled Selections of Jell-O (4427.1)	Chilled Selections of Jell-O (4427.1)

Main Line **DINNER**

VEGETARIAN	Smoked BBQ Beef Brisket (4614)	Szchuan Pork Stir Fry (47607)	Chicken Fried Steak with Country Gravy (376)	Beer Battered Cod 428	Bacon Wrapped Pork Loin (25091.7)	Chicken with Provencal Sauce	Italian Pizza Bake (34542.1)
	Seafood Paella (4005)	Smokey Spicy Chicken (28153.2)	Sizzling Sichuan Chicken	General Tso's Chicken (59873)	Chicken & Broccoli Alfredo (1043.2)	Rotisserie Cuban Pork (27812)	Turkey Meatloaf
	Creamed Spinach (3235)	Sugar Snaps (5745.11)	Smashed Potatoes (45038.1)	Jasmine Rice	Baked Potatoes	Roasted Cauliflower (33992.10)	White Rice
	Broccoli, Carrots and Cauliflower Medley (5859.5)	Roasted Parsnips (5498.1)	White Rice	Garlic Roasted Potatoes (3245.8)	Buttered Corn (522)	Ratatouille (27123)	Grilled Vegetable Medley (5294)
	Black Eyed Peas (736)	Brown Rice (16861.1)	Cheesy Cauliflower (4958)	Sauteed Green Beans (10520.2)	Penne Alfredo (1507.4)	Buttered Egg Noodles (557)	Scalloped Potatoes (27114)
	Jalapeno Macaroni and Cheese Gratin (43451.1)	Steamed Broccoli (4911.13)	Peas & Carrots (43603)	Roasted Zucchini and Tomatoes (8122.10)	Steamed Carrots (4953)	Roasted Red Bliss Potatoes (3315)	Fresh Green Beans (1799)
	Vietnamese Tofu (43539)	Ratatouille Casserole (2012.2)	Ravioli Primavera (28196.2)	Garden Meatballs over pasta	Wild Mushroom Sauce with Cheese Ravioli (44994)	Vegetable Stroganoff with Noodles (4470.1)	Grilled Tofu Teriyaki (44345)

A Daily Rotation of 6 Steamed and Un-Seasoned items consisting of Couscous, Barley, Tofu, Tempeh, Soy Beans, Spinach, Broccoli, Cauliflower & Carrots

EXHIBITION	Burrito Bar (11064.1)	Pancake Bar (45095.1)	Ravioli Toss (27573.2)	18 Items Salad Bar Daily	Nachos with Beef (42007)	Omelet Bar (8786.9)	Omelet Bar (8786.9)
				Mandarin Orange Popcorn Chicken (4487.4)			