

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	7 GRAIN/OATMEAL/GRITS SCRAMBLED EGGS WESTERN SCRAMBLE BISCUITS & GRAVY HASH BROWNS SAUSAGE (Locally made) STICKY BUNS	7 GRAIN/OATMEAL EGGS TO ORDER BUTTERMILK PANCAKES BACON BLUEBERRY MUFFINS TOAST (upon request) FRUIT & JUICE TABLES	7 GRAIN/OATMEAL EGGS TO ORDER BUTTERMILK PANCAKES CHOCOLATE CHIP PANCAKES HAM ON GRILL TOAST (upon request) FRUIT & JUICE TABLES	7 GRAIN/OATMEAL EGGS TO ORDER FRENCH TOAST BACON TOAST (upon request) FRUIT & JUICE TABLES	7 GRAIN/OATMEAL EGGS TO ORDER BLUEBERRY PANCAKES BACONS STREUSEL CAKE TOAST (upon request) FRUIT & JUICE TABLES	7 GRAIN/OATMEAL EGGS TO ORDER BUTTERMILK PANCAKES SAUSAGE (locally made) ORANGE CAKE TOAST (upon request) FRUIT & JUICE TABLES	7 GRAIN/OATMEAL EGGS TO ORDER FRENCH TOAST BACON TOAST (upon request) FRUIT & JUICE TABLES
BREAKFAST SPECIAL DIET OPTIONS	DAILY OPTIONS: HOT CEREAL (berries & nuts available upon request) PANCAKES/FRENCH TOAST- GF/DF JUSTegg VEG FRITTATA MUFFINS-GF/VG AVOCADO TOAST-VG (GF upon request) VEGAN SAUSAGE						
LUNCH	NO LUNCH	<u>PASTA & SALAD BAR</u> SPAGHETTI MEAT MARINARA-GF VEG MARINARA-GF/V/VG ALFREDO SAUCE-V MARINATED GRILLED CHICKEN BR- GF BROCCOLI-GF/V/VG GARLIC BREAD SALAD BAR GINGERBREAD WATERMELON or PEACHES ICE CREAM OR SHERBET	CHICKEN A LA KING RICE PATTY SHELLS SPICED CARROTS TUNA SALAD SALAD BAR APPLE CRISP w/WHIPPED CREAM SNICKERDOODLE COOKIE ICE CREAM OR SHERBET	VEGETABLE SOUP BBQ BEEF/SLOPPY JOE TURKEY SALAD SANDWICH CUT ROLLS SALAD BAR CHERRY PIE A LA MODE CHOCOLATE M&M COOKIES SHERBET ICE CREAM	CHICKEN POT PIE BRUSSEL SPROUTS-GF/V/VG BROCCOLI SALAD-GF/V SALAD BAR BAKED FUDGE PUDDING W/WHIPPED CREAM WATERMELON ICE CREAM SHERBET	CAPON CASSEROLE MEATLESS CAPON CASSEROLE ROASTED CAULIFLOWER CORNBREAD & APPLE BUTTER VEGETABLE SALAD FRESH FRUIT SALAD SALAD BAR LEMON MERINGUE PIE GINGER COOKIES	HAMBURGERS MAC & CHEESE STEWED TOMATOES FRIED ONIONS SALAD BAR APPLE CRISP HOT FUDGE SUNDAE WHITE HOUSE CHERRY ICE CREAM
LUNCH SPECIAL DIET OPTIONS	NO LUNCH	PASTA W/MEATLESS SAUCE (V/VG) PASTA W/ALFREDO (V) SALAD BAR BEYOND CHICKEN AVAILABLE UPON request PASTA-GF	VEGETABLE STIR FRY RICE SALAD BAR	VEGETABLE SOUP BEYOND BEEF BBQ SALAD BAR	VEGETABLE POT PIE SALAD BAR Meat or Veg mix plus GF biscuit for GF folks	MEATLESS CAPON CASSEROLE ROASTED CAULIFLOWER VEGETABLE SALAD SALAD BAR	BEYOND BURGERS STEWED TOMATOES VEGAN MAC & CHEESE (ind portions) SALAD BAR
DINNER	CHICKEN NOODLE SOUP SLICED HAM & TURKEY SLICED CHEDDAR & SWISS CUT ROLLS MAC & CHEESE BAKED BEANS-V/VG SPINACH SALAD BAR CHOC CAKE A LA MODE ICE CREAM	BBQ CHICKEN-GF/DF SQUASH PUDDING-GF/V (not VG/DF) PEAS -GF/DF/VG CORN ON COB (in season)- GF/DF/VG ROLLS SALAD BAR APPLE PIE A LA MODE OATMEAL RAISIN COOKIES ICE CREAM/SHERBET	CREAM OF BROCCOLI SOUP- GF/V (not VG/DF) MEATLOAF STEWED TOMATOES SCALLOPED POTATOES GREEN BEANS CREAMY COLESLAW ROLLS W/WHIPPED BUTTER PEACH COBBLER CANTALOUPE ICE CREAM	FRENCH ONION SOUP-GF (not V/VG/DF) SLICED PORK TENDERLOIN MUSHROOM GRAVY ROASTED RED POTATOES BROCCOLI APPLE SAUCE ROLLS CHOC CHIP CAKE A LA MODE ICE CREAM/ FRUIT CUP	FILET MIGNON GRILLED HAM BURGERS & HOT DOGS (W/ROLLS) CORN PUDDING LIMA BEANS POTATO SALAD GARLIC BREAD SALAD BAR BLUEBERRY PIE A LA MODE CHOCOLATE CHIP COOKIES ICE CREAM OR SHERBET	BEAN SOUP-DF/GF/V FRIED CHICKEN SHRIMP CASSEROLE-GF MASHED POTATOES-GF/V GRAVY GREEN BEANS-GF/V ROLLS W/WHIPPED BUTTER PIQUANT COLESLAW- GF/V STRAWBERRY SHORTCAKE W/WHIPPED CREAM ICE CREAM	TOMATO SOUP-GF/V/VG TURKEY (WHITE & DARK)-GF DRESSING/STUFFING MASHED POTATOES-GF BROCCOLI-GF/V/VG GRAVY ROLLS W/WHIPPED BUTTER CRANBERRY SAUCE CAESAR SALAD CHOCOLATE PIE W/WHIPPED CREAM CHOCOLATE CHIP COOKIES MINT CHIP ICE CREAM
DINNER SPECIAL DIET OPTIONS	HUMMUS & VEG SANDWICH VG/GF MAC & CHEESE SPINACH BAKED BEANS SALAD BAR *GF rolls available for sandwiches	VEGAN SPICY CHICKEN PATTY SAUTEED SUMMER SQUASH PEAS SALAD BAR	VEGAN MEATLOAF (https://www.noracooks.com/vegan-meatloaf/) ROASTED POTATOES GREEN BEANS VEGAN SLAW *GF MEATLOAF	CAULIFLOWER STEAK W/FIRE ROASTED VEG BLEND & TOASTED PEPITAS ROASTED RED POTATOES BROCCOLI (or BUTTERNUT SQUASH)	BEYOND BURGERS GRILLED VEG KABOBS LIMA BEANS SALAD BAR	FALAFEL GREEK SALAD w or w/o feta TOASTED NAAN *Oven baked chicken available- GF	VEGAN TWICE BAKED SWEET POTATOES (https://healthytasteoflife.com/savory-twice-baked-sweet-potatoes-recipe-for-thanksgiving/) BROCCOLI CAESAR SALAD-V GARDEN SALAD-VG

OTHER NOTES

Gluten Free:
Breads/Rolls stocked

V/VG/GF Soups available upon request (as
soup sub where needed)
V/VG/GF White Bean Soup
V/VG/GF-Vegetable Soup
V/VG/GF Chili

V/VG/GF DESSERTS:
GF cookies made in bake shop
Sorbet/Plant based ice cream?
Fresh Fruit

VEGAN SALAD DRESSINGS AVAILABLE:
PIQUANT
BALSAMIC
ITALIAN

*All dressings fine for vegetarians