



MENU

FEBRUARY 13 - FEBRUARY 19

MON
2/13

TUE
2/14

WED
2/15

THURS
2/16

FRI
2/17

SAT
2/18

SUN
2/19

Breakfast

Broccoli, Bacon & Parmesan Frittata	Fried Eggs	Banana Oat Pancakes	Eggwhite Omelette w/ Spinach & Tomato	Hot Hard Boiled Eggs	WEEKEND BRUNCH Continental: 8:30-9:30AM
Scrambled Whites	Bagel & Assorted Cheeses	Turkey Sausage	Scrambled Eggs	Corned Beef Hash	

DID YOU KNOW



You may consume up to 300 additional calories if you are sleep deprived.

EVERY DAY



BREAKFAST INCLUDES

CHOICE OF ONE ENTREE:

- DAILY BREAKFAST SPECIAL (ABOVE)
- (2) HARD BOILED EGGS
- YOGURT

PLUS:

- ONE FRESH FRUIT (CUT OR WHOLE)
- GRANOLA, PEANUT BUTTER & RAISINS
- HOT & COLD CEREALS
- ASSORTMENT OF BREADS & CONDIMENTS

Dinner

Chicken Garlic Bites	Beef Vindaloo	Stuffed Flounder	Turkey Stroganoff	Build A Burger!	Pepperoni Pizza Grilled Cheese	Beef & Mushroom Cobbler
Herb Roasted Pot Roast	Chicken Tikka Masala	Pineapple BBQ Meatballs	Almond Crusted Salmon	Beef Burger	Grilled Cheese Cuban	Pepper Chili Chicken
Zucchini Parmesan	Curried Tofu	Stuffed Banana Peppers	Mushroom Tofu Stroganoff	Garden Burger	Crunchy Nacho	Baked Ziti
Cold Entree						
Tuna Cucumber Sub	Chicken Curry Wrap	Honey Mustard Ham Wrap	Tuna Pepperjack Lavash	Turkey Cobb Wrap	Mexican Chicken Wrap	
Soup & Salad						
French Onion Soup	Potato Spinach Soup	Chicken Lime Soup	Tuscan Vegetable Soup	Chicken & Barley Soup	Creamy Turkey Soup	Chicken Noodle
Toasted Barley Salad	Tikka Chaat	Soba Noodle Chicken Salad	Four Bean Salad	Fennel Slaw	Tahini Zucchini Salad	Spicy Sweet Potato Salad
Dessert						
Peanut Butter & Jelly Cookies	Gulab Jamun	Cranberry Pear Cobbler	Almond Meringue Bar	Thai Red Bean Dessert	Oreo Pudding Parfait	Chocolate Mint Brownie