

2/27/23	2/28/23	3/1/23	3/2/23	3/3/23	3/4/23	3/5/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch	Brunch
Scrambled Eggs	Fried eggs	Breakfast sandwich on croissant	Breakfast burrito	Fried eggs	Scrambled edggs	Fried eggs
Vegan Veggie Scramble	Vegan veggie scramble	Vegan veggie breakfast sandwich	Vegan veggie burrito	Vegan veggie scramble	Vegan veggie scramble	Vegan vegetable scramble
Plant-based sausage	Plant-based sausage	Plant-based sausage	Plant-based sausage	Plant-based sausage	Plant-based sausage	Hash browns
Turkey bacon	Turkey sausage	Turkey bacon	Pork bacon	Turkey sausage	Pork bacon	Plant-based sausage
Cut fruit	Cut fruit	Cut fruit	Cut fruit	Waffles	French toast	Turkey sausage patties
Assorted Pastries	Assorted Pastries	Assorted Pastries	Assorted pastries	Cut fruit	Cut fruit	Chocolate chip pancakes
Bagels, eng. muffins & croissants	Bagels, eng. muffins & croissants	Bagels, eng. muffins & croissants	Bagels, eng. muffins, croissants	Assorted pastries	Assorted pastries	Fruit cup/whole fruit
Breakfast toppings bar	Breakfast toppings bar	Breakfast toppings bar	Breakfast toppings bar	Bagels, eng. muffins, croissants	Bagels, eng. muffins, croissants	Assorted pastries
Waffles	pancakes	homefries		Breakfast toppings bar	Veggie & cheese frittata	Bagels w/ cream cheese
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 11am	Lunch 11am
Fried fish	Beef stew (halal)	Grilled Cheese	Chili bar!	Halal beef & Lamb gyro	Chef's special	Chef's special
Fried chicken (halal)	Tempeh stew	(v) Grilled Cheese	Halal beef chili	Halal Chicken Gyro		
French fries	Elbow noodles	special Grilled Cheese	Vegan impossible chili	Vegan tempeh gyro		
Pasta w/ olive oil, garlic	Steamed broccoli	Steamed broccoli	Assorted shredded cheeses	Herb & garlic blistered tomato		
Baked tofu with lemon & herbs	Steamed corn	Vegetable medley	Rice	lemon & herb seasoned rice		
Steamed carrots	French fries	French fries	Steamed cauliflower	Greek seasoned french fries		
Sauteed greens	Rolls	Buttered Noodles	French fries	pita pockets		
soup		Tomato soup (vegan)	Steamed Peas & vegan butter	Sauteed greens		
			Rolls	soup		
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Meatloaf w/ sauce (halal)	<b>Taco Night!</b>	<b>Pasta Night!</b>	Stir fried shrimp & broccoli	<b>Indian night!</b>	Italian Sausage	Halal Beef sheperds pie
Vegan meatloaf w/ sauce	Lazy chicken enchiladas (halal)	Cheese tortellini	Stir fried chix & broccoli (halal)	chicken tikka masala	(v) marinated roast tempeh	(v) impossible sheperds pie
Mashed potatoes	(v) Lazy impossible enchiladas	Vegan Ravioli	(v) Stir fried tofu & broccoli	Tempeh tikka masala (vegan)	Halal Chicken Cacciatore	Steamed green beans
Peas & carrots	Spanish rice	Pesto alfredo	Vegan fried rice	Saffron basmati rice	Potato pierogies	Roasted butternut
Steamed green beans	Black beans braised	marinara	Vegan veggie lomein	Veggie biryani	Tator tots	Rice pilaf
Rice Pilaf	Sauteed kale	Garlic parm fries	Steamed edamame	Samosas	Sauerkraut	Steak fries
Cornbread	Vegetable medley	Sauteed Greens	Spring rolls	Garlic buttered naan	Sauteed cabbage	Rolls
		Roasted rosemary root veg	Vegan yum yum sauce	Mango chutney	Brussel sprouts	
		Garlic knots		Tofu style saag	soup	
3/6/23	3/7/23	3/8/23	3/9/23	3/10/23	3/11/23	3/12/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch	Brunch
Fried eggs	Scrambled eggs	Breakfast croissant sandwich	Breakfast burrito	Fried eggs	Scrambled eggs	Fried eggs
Vegan veggie scramble	Vegan veggie scramble	Vegan veggie sandwich	Vegan veggie burrito	Vegan veggie scramble	Vegan veggie scramble	Vegan veggie scramble
Pork sausage	Turkey sausage	Pork bacon	Turkey sausage	Pork sausage	Plant-based sausage	Plant-based sausage
Hash browns	Home fries	Hashbrowns	Home fries	Hash browns	Pork bacon	Turkey sausage
Plant-based sausage	Plant-based sausage	Plant-based sausage	Plant-based sausage	Plant-based sausage	French toast sticks	Chocolate chip pancakes
Cut fruit	Cut fruit	Cut fruit	Cut fruit	Cut fruit	Cut fruit	Cut fruit
Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries
Bagels & english muffins	Bagels & english muffins	Bagels & english muffins	Bagels & english muffins	Bagels & english muffins	Bagels, english muffins	Bagels, english muffins
Breakfast toppings bar	Breakfast toppings bar	Breakfast toppings bar	Breakfast toppings bar	Breakfast toppings bar	Veggie & cheese frittata	croissants
waffles	french toast			pancakes	croissants	
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 11 a.m.	Lunch 11 a.m.
Chicken shawarma (halal)	BLT (halal) beef bacon	Beef sloppy joe (halal)	Chicken quesadilla (halal)	Sandwich Day!	Chef's choice	Chef's choice
(v) falafel	Bacon BLT pork bacon	(v) impossible sloppy joe	Cheese quesadilla	Deli meats		
Hummus & tahini sauce	(v) Tempeh BLT	Steamed carrots	Refried beans	Tuna salad		
Parsley rice	French fries	Veggie medley	(v) Tempeh quesadilla	(v)Roasted Tofu		
Steamed broccoli	cucmuber salad	French fries	yucca fries	French fries		
Steak fries	Maple glazed carrots	Rice	Fiesta rice	Assorted bread/toppings		
Pita	Chicken Haleem	soup	Sauteed greens	Veggie medley		
soup	soup		Black bean & veg soup (vegan)	soup		
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Braised Beef brisket (halal)	<b>Taco Night!</b>	<b>Pasta night!</b>	General Tso's chicken (halal)	Mac & cheese	Hot dog (standard & vegan)	Beef stroganoff (halal)
BBQ tempeh (vegan)	Beef taco (halal)	Spaghetti	General Tso's tofu	Vegan mac & cheese	Baked beans (vegan)	(v) Tempeh stroganoff
Tater tots	Chicken taco (halal)	Meatballs (halal)	Sesame noodles	GF mac & cheese	French fries	Egg noodles
Dirty rice	Tofu taco	Vegan meatballs	Sticky rice	french fries	Sauteed greens	Green Beans
Steamed cauliflower	Spanish rice	Marinara	Sauteed bok choy	Marinara	Beef chili (halal)	Sauteed summer squash
Mashed Root Veg	Taco french fries	Sauteed spinach	Teriyaki veggies	Steamed broccoli	Rolls (hot dog buns?)	Rice
(v) Cornbread	Black beans	Roasted red pepper & artichoke	Spring rolls	Roasted zucchini & Peppers	Seekh Kabab	Rolls
BBQ sauce & honey mustard	Taco toppings	Caprese salad	Thai dipping sauce	assorted toppings	roasted cauliflower	farfalle
	Sauteed Spinach	Garlic knots			Wild Rice Pilaf	
3/13/23	3/14/23	3/15/23	3/16/23	3/17/23	3/18/23	3/19/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch	Brunch
Fried eggs	Scrambled egg	Breakfast croissant sandwich	Breakfast burrito	Fried eggs	Scrambled eggs	Fried eggs
Vegan veggie scramble	Vegan veggie scramble	Vegan veggie sandwich	Vegan veggie burrito	Vegan veggie scramble	Vegan veggie scramble	Vegan veggie scramble
Pork sausage	Turkey sausage	Pork bacon	Turkey sausage	Pork sausage	Plant-based sausage	Plant-based sausage
Hash browns	Home fries	Hash browns	Home fries	Hash browns	Pork bacon	Turkey sausage
Plant-based sausage	Plant-based sausage	Plant-based sausage	Plant-based sausage	Plant-based sausage	Waffles	Blueberry pancakes
Cut fruit	Cut fruit	Cut fruit	Cut fruit	Cut fruit	Cut fruit	Cut fruit
Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries
Bagels & english muffins	Bagels & english muffins	Bagels & english muffins	Bagels & english muffins	Bagels & english muffins	Bagels, english muffins & croissants	Bagels, english muffins
yogurt & toppings	yogurt & toppings	yogurt & toppings	yogurt & toppings	yogurt & toppings	Veggie & cheese frittata	Hash browns
waffles	pancakes			french toast	Home fries	croissants
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 11 a.m.	Lunch 11 a.m.
French bread pizzas	<b>Indian Lunch</b>	Fried fish	Halal Chicken Pot Pie	Grilled cheese	Chef's choice	Chef's choice
Cauliflower pizzas	Aloo Matter Keema	Fried chicken (halal)	Tempeh Pot Pie	(v) Grilled Cheese		
Tricolored pasta	(v) Tofu style saag	French fries	Rice Pilaf	Special Grilled Cheese		
Tater tots	Saffron Basmati rice	Pasta & olive oil	Steamed broccoli	French fries		
Roasted garlic herb eggplant	(v) Gobi Masala	Baked tofu wth lemon & herbs	Steamed corn	Buttered noodles		
Steamed broccoli	Samosas	Steamed carrots	French fries	Vegetable medley		
Marinara	Garlic buttered naan	Sauteed greens	Rolls	Steamed cauliflower		
soup	Mango chutney	soup		(v) tomato soup		
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>Breakfast for dinner!</b>	<b>Taco Night!</b>	<b>Pasta night!</b>	BBQ chicken (halal)	<b>St. Patrick's Day Dinner</b>	Shrimp & broccoli stir fry	Naan pizza-cheese
Scrambled eggs	Lazy chicken enchiladas (halal)	Cheese ravioli	BBQ tofu (v)	Braised Corned Beef	Chicken & broccoli stir fry (halal)	Naan pizza-pepperoni
Tofu scramble	Lazy impossible enchiladas	Vegan ravioli	Roasted Potatoes	Seared Braised Cabbage wedges	(v) Tofu & broccoli stir fry	Naan pizza-veggie
Hash browns	Spanish rice	Roasted chicken	Sauteed greens	Vegan Parslied Potatoes & Carrots	Fried rice	Vegan/GF pizza
Waffles & berry compote	braised Black beans	Marinara	Steamed carrots	Rumblehumps	szechuan green beans	baked chicken
Bacon	Sauteed kale	Vegetable medley	French fries	Vegan Shepards Pie	Veggie lomein	French fries
Morningstar sausage	Vegetable medley	Brussel sprouts	Rolls	Potato Soup Bar w. toppings	Steamed edamame	Steamed broccoli
Sauteed spinach		Garlic bread		Irish Soda Bread	Spring rolls	Steamed cauliflower
toppings for Scrambled Eggs				Mustard Sauce		onion rings
3/20/23	3/21/23	3/22/23	3/23/23	3/24/23	3/25/23	3/26/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch	Brunch
Fried Eggs	Scrambled eggs	Breakfast croissant sandwich	Breakfast burrito	Fried eggs	Scrambled eggs	Fried eggs
Vegan veggie scramble	Vegan veggie scramble	Vegan veggie sandwich	Vegan veggie burrito	Vegan veggie scramble	Vegan veggie scramble	Vegan veggie scramble
Pork sausage	Turkey sausage	Pork bacon	Turkey Sausage	Pork sausage	Plant-based sausage	Plant-based sausage
Hash browns	Home fries	Hash browns	Home fries	Hash browns	Pork bacon	Turkey sausage
Plant-based sausage	Plant-based sausage	Plant-based sausage	Plant-based sausage	Plant-based sausage	French toast sticks	Apple-cinnamon pancakes
Cut fruit	Cut fruit	Cut fruit	Cut fruit	Cut fruit	Cut fruit	Cut fruit
Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries
Bagels & english muffins	Bagels & english muffins	Bagels & english muffins	Bagels & english muffins	Bagels & english muffins	Bagels, english muffins	Bagels, eng. muffins
Breakfast toppings bar	Breakfast toppings bar	Breakfast toppings bar	Breakfast toppings bar	Breakfast toppings bar	Veggie& cheese frittata	Home fries
					Hash browns	croissants
					croissants	

Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 11 a.m.	Lunch 11 a.m.
Beef burgers (halal)	Kielbasa beef & pork	Pork bahn mi	Baked potato bar	Turkey rueben	Chef's choice	Chef's choice
Vegan burgers	Lazy mans perogi	Chicken bahn mi (halal)	(v) Tempeh crumble	Vegan tempeh rueben		
French fries	Braised white beans	(v) Marinated tofu bahn mi	Shredded beef (halal)	French fries		
Mac & cheese bites	Baby cakes	Sticky rice	assorted toppings	Rice Pilaf		
Sauteed spinach	Sauteed cabbage	Kimchi	Steamed broccoli	Steamed broccoli		
Peas & carrots	Sour cream	Green beans & peppers	Rice	Steamed veggie medley		
soup	Brussel sprouts	Roasted Cauliflower	Cheese sauce	SOUP		
assorted fry toppings	Mustard	soup	roasted butternut			
	Soup		soup			
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>Indian night!</b>	<b>Taco night!</b>	<b>Pasta night!</b>	<b>Turkish night!</b>	Herb baked chicken (halal)	Beef lasagna (halal)	Thai basil chicken (halal)
chicken tandoori	Fish tacos/Chicken tacos (halal)	Rotini pasta	(halal) Beef Tas Kabab	(v) Herb baked tofu	(v) Impossible pasta bake	(v) Curried tofu & cabbage
Tempeh tikka masala (vegan)	(v) Tofu tacos	Alfredo	Vegan impossible kofta	Garlic & olive oil pasta	Steamed carrots	Vegan drunken noodles
basmati rice	elote bites	Marinara	Turkish stewed green beans	Braised Greens	Garlic and olive oil pasta	Jasmine rice
Veggie biryani	Refried beans	(v) Polenta	lentil & bulgar Pilaf	Edamame Soycaatash	Steamed cauliflower	Sauteed napa cabbage
Samosas	sazon rice	Bolognese (halal)	Roasted veggie kabab	Mashed potatoes	Bread sticks	Sesame noodles
Garlic buttered naan	Sauteed greens	Roasted root veggies	Tatziki	Assorted sauces		Thai style peppers & broccoli
Mango chutney	Chips & salsa	Sauteed swiss chard	Falafel			
	Taco toppings	Garlic knots	Basmati Rice			
3/27/23	3/28/23	3/29/23	3/30/23	3/31/23	4/1/23	4/2/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch	Brunch
Fried eggs	Scrambled eggs	Breakfast croissant sandwich	Breakfast burrito	Fried egg	Veggie& cheese frittata	Fried eggs
Vegan veggie scramble	Vegan veggie scramble	Vegan veggie sandwich	Vegan veggie burrito	Vegan veggie scramble	Vegan veggie scramble	Vegan veggie scramble
Pork sausage	Turkey sausage	Pork bacon	Turkey sausage	Pork sausage	Plant-based sausage	Plant-based sausage
Hash browns	Home fries	Hash browns	Home fries	Hash browns	Pork bacon	Turkey sausage
Plant-based sausage	Plant-based sausage	Plant-based sausage	Plant-based sausage	Plant-based sausage	Waffles	Apple-cinnamon pancakes
Cut fruit	Cut fruit	Cut fruit	Cut fruit	Cut fruit	Cut fruit	Cut fruit
Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries	Assorted pastries
Bagels & english muffins	Bagels & english muffins	Bagels & english muffins	Bagels & english muffins	Bagels & english muffins	Bagels, english muffins	Bagels, english muffins
Breakfast toppings bar	Breakfast toppings bar	Breakfast toppings bar	Breakfast toppings bar	Breakfast toppings bar	croissants	croissants
waffles	panckakes			frenc toast sticks		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 11 a.m.	Lunch 11 a.m.
French bread pizzas	Chicken shawarma (halal)	Creole chicken in sauce (halal)	Sandwich day!	corned beef rueben (halal)	Chef's choice	Chef's choice
Cauliflower pizza	Lenitl mualla	Creole sausage in sauce	Deli meats	(v) Impossible sloppy joes		
Tricolored pasta	Hummus & tahini sauce	Vegan roasted tofu jambalaya	halal chicken	Buns		
Tater tots	Parsled rice	dirty rice	Sun butter & jelly sandwich	Steamed carrots		
roasted garlic herb eggplant	Steamed cauliflower	Hush puppies	French fries	Veggie medley		
Steamed broccoli	Steak fries	corn & pepper maque choux	Assorted bread & toppings	French fries		
Marinara	Pita	Braised Collards	Vegetable medley	Rice		
soup	soup	Soup	soup	soup		
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Beef bulgogi	<b>Taco Night!</b>	<b>Pasta night!</b>	General Tso's Tofu	Baked Salmon	Cider braised pork	Swedish meatballs
(v) Tempeh bulgogi	Beef taco (halal)	Spaghetti	General Tso's chicken (halal)	Vegan doner style tofu	(v) BBQ seitan	Vegan swedish meatballs
Green leaf lettuce & pickles	Chicken taco (halal)	Meatballs	(v) Herb baked tofu	Jewelled rice	BBQ chicken thighs (halal)	pasta
Dumplings	(v) Tofu taco	Vegan meatballs	Sesame noodles	Scalloped potatoes	Roasted potatoes	Steamed green beans
Assorted sauces	Fiesta rice	Marinara	Sticky rice	Sauteed greens	red beans and rice	Garlic lemon broccoli
Sesame carrots	Taco french fries	Sauteed greens	Sauteed bok choy	Roasted tomato w/herb	Sauteed swiss chard	Mashed potato
	Black beans	Roasted carrots	Teriyaki veggies		Roasted root veggies	rice
	Taco toppings	Garlic bread	Spring rolls			
	Sauteed Spinach					