

5/1/23	5/2/23	5/3/23	5/4/23	5/5/23	5/6/23	5/7/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch	Brunch
Breakfast Corn Tostada w/Eggs	Hash Brown Breakfast Casserole	Breakfast sandwich on a croissant	Breakfast Quesadilla	Fried Eggs	Scrambled Eggs	Fried eggs
Vegan Breakfast Corn Tostada w/Tofu	Vegan Hash Brown & veg scram	Vegan breakfast sandwich on a bagel	Vegan veggie Quesadilla	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	Pork sausage	Turkey Sausage	Pork bacon	Turkey sausage	Pork bacon	Plant-based sausage
Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon
French Toast Sticks	Waffles	French Toast Sticks	Waffles	French Toast Sticks & Cornbread	Waffles	Pancakes
Homefries	Hash Browns	Homefries	Hash Browns	Homefries	Hash Browns	Homefries
Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries
Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries
				Braised Beans w/Cumin & Chili		
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 rubeen (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	Taco Night!	Pasta night!	General Tso's Tofu	Huli Huli Chicken (Halal)	Baked Salmon	Swedish meatballs
(v) Tempeh bulgogi	Beef taco (halal)	Spaghetti	General Tso's chicken (halal)	Tamari Tofu w/Pineapple Glaze (V)	Vegan doner style tofu	Vegan swedish meatballs
Green leaf lettuce & pickles	Chicken taco (halal)	Meatballs	(v) Herb baked tofu	Hawaiian Hot Dogd (Std & V)	Jewelled rice	pasta
Dumplings	(v) Tofu taco	Vegan meatballs	Sesame noodles	Hawaiian Fried Rice	Scalloped potatoes	Steamed green beans
Assorted sauces	Fiesta rice	Marinara	Sticky rice	Coconut Rice	Sauteed greens	Garlic lemon broccoli
Sesame carrots	Taco french fries	Sauteed greens	Sauteed bok choy	Fruit & Cheesecake Salad	Roasted tomato w/herb	Mashed potato
	Black beans	Roasted carrots	Teriyaki veggies	Hawaiian Macaroni Salad		rice
	Taco toppings	Garlic bread	Spring rolls	Oi Kimchi		
	Sauteed Spinach			Sawaiian Stir-Fried Vegetables		
5/8/23	5/9/23	5/10/23	5/11/23	5/12/23	5/13/23	5/14/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch	Brunch
Breakfast Corn Tostada w/Eggs	Hash Brown Breakfast Casserole	Breakfast sandwich on a croissant	Breakfast Quesadilla	Griddle Omelets	Scrambled Eggs	Fried eggs
Vegan Breakfast Corn Tostada w/Tofu	Greek Vegan veggie scramble	Vegan breakfast sandwich on a bagel	Vegan veggie Quesadilla	Vegan veggie scramble Tomato & Scallion	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	Pork sausage	Turkey Sausage	Pork bacon	Turkey sausage	Pork bacon	Plant-based sausage
Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon
French Toast Sticks	Waffles	French Toast Sticks	Waffles	French Toast Sticks	Waffles	Pancakes
Homefries	Hash Browns	Homefries	Hash Browns	Homefries	Hash Browns	Homefries
Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries
Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries
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 w/Garlic	Assorted shredded cheeses	Herb & garlic blistered tomato		
Baked tofu with lemon & herbs	Steamed corn	Vegetable medley	Rice	lemon & herb seasoned rice		
Steamed carrots	Sweet Potato French fries	French fries	Steamed cauliflower	Greek seasoned french fries		
Sauteed greens	assorted Rolls	Buttered Noodles	French fries	pita pockets		
soup		Tomato soup (vegan)	Steamed Peas & vegan butter	Sauteed greens		
			Cornbread	soup		
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Meatloaf w/ sauce (halal)	Taco Night!	Pasta Night!	Stir fried shrimp & broccoli	Indian night!	Italian Sausage	Halal Beef sheperds pie
Impossible 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 basmatti 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	Caramelized Cabbage	Rolls
		Roasted rosemary root veg	Vegan yum yum sauce	Mango chutney	Roasted Beets	Onion Brown Gravy
		Garlic knots		Tofu style saag	soup	
5/15/23	5/16/23	5/17/23	5/18/23	5/19/23	5/20/23	5/21/23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch	Brunch
Breakfast Muffins	Frittatas	Breakfast sandwich on a croissant	Breakfast burrito	Fried Eggs	Scrambled Eggs	Fried eggs
Vegan Chorizo Breakfast Scramble	Vegan Tofu Scramble w/veggies	Vegan breakfast sandwich on a bagel	Vegan veggie burrito	Vegan veggie Tofu 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	Pork sausage	Turkey Sausage	Pork bacon	Turkey sausage	Pork bacon	Plant-based sausage
Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon	Halal Beef Bacon
Nutella French Toast Sticks	Waffles	French Toast Sticks	Waffles	Finnish Pancakes	Waffles	Pancakes
Homefries	Hash Browns	Homefries	Hash Browns	Homefries	Hash Browns	Homefries
Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries	Fruit, Yogurt, & Berries
Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries	Assorted Breads & Pastries
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)	Taco Night!	Pasta night!	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	