

9/25/2023	9/26/2023	9/27/2023	9/28/2023	9/29/2023	9/30/2023	10/1/2023
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch	Brunch
Veggie & Cheese Fritata	Scrambled Eggs	Scrambled Eggs w/Veggies	Tostada Bar w/Toppings	Assorted Quiche	Scrambled Eggs w/Scallion & Cheese	Scrambled Egg w, Potato, onion, cheese
Vegan Scramble	Spinach & Tomato Vegan scramble	Vegan Scramble w/onion & Zucchini	Scrambled Eggs	Fried Eggs Available	Vegan veggie scramble	Vegan veggie scramble w/Mushrooms
Veggie sausage	Veggie sausage		Taco-Seasoned Tofu & Black Beans	Vegan scramble w/Tomato & Scallion	Veggie sausage	Veggie sausage
Turkey Sausage	Canadian Bacon	Veggie sausage	Veggie sausage	Veggie sausage	Pork bacon	Pork Sausage
Waffles	Hollandaise	Pork bacon	Pork bacon	Turkey sausage	Halal Beef Bacon	Halal Beef Bacon
Homefries	French Toast Sticks	Pancakes	Pancakes	French Toast Sticks	Waffles w/Fruit Compote	Pancakes w/Fruit Compote
Fruit, Yogurt, & Berries	Hash Browns	Homefries	Hash Browns	Homefries	Hash Browns	Homefries
Assorted Breads & Pastries	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
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 11 a.m.	Lunch 11 a.m.
Burger Bar!	beef & pork Kielbasa	Open-Faced Turkey Reuben	Baked Potato Skins	Korean BBQ Lunch	Chef's choice	Chef's choice
Beef burgers (halal)	Chicken in Caramelized Onion Cream	(v)Open-Faced Tempeh reuben	(v) Tempeh Chili	Korean BBQ Beef Brisket		
Vegan burgers	Braised white bean Ragout	French fries	Shredded BBQ Chicken (halal)	Roast Chicken w/Gochujang & Garlic		
French fries	Lazy mans pierogie	Rice Pilaf	assorted toppings	(V) Dubu Jorim (Braised Tofu)		
Mac & cheese bites	Baby cakes	Steamed broccoli	Steamed broccoli	Tamri & Ginger Greens		
Sauteed spinach	Roasted Brussels Sprouts	Roasted veggie medley	Rice	Kim Chi & Sweet Chili Slaw		
Peas & carrots	Sour cream	Mac & Cheese Bites	Cheese sauce	Sticky Rice		
assorted fry toppings	Apple Sauce		roasted butternut	spring rolls w/dipping sauce		
			Onion Rings	lettuce wraps		
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Indian night!	Taco night!	Pasta night!	Turkish night!	Herb baked chicken (halal)	Baked Salmon	Thai basil chicken (halal)
chicken tandoori	Fish tacos/Chicken tacos (halal)	Rotini pasta	(halal) Beef Tas Kabab	(v) Herb baked tofu	Chicken Tenders	(v) Curried tofu & cabbage
Tempeh tikka masala (vegan)	(v) Tofu tacos	Alfredo	Vegan impossible kofta	Assorted sauces	Tempeh w/tamari, Orange & Ginger	Vegan drunken noodles
basmatti rice	elote bites	Marinara	Turkish stewed green beans	Garlic & olive oil pasta w/Peas & Onion	Assorted sauces	Jasmine rice
Veggie biryani	Refried beans	(v) Polenta	lentil & bulgar Pilaf	Mashed potatoes	Wild Rice Pilaf	Sauteed napa cabbage
Samosas	sazon rice	Bolognese (halal)	Roasted veggie kabab	Braised Greens	Roasted Potatoes	Sesame noodles
Garlic buttered naan	Sauteed greens	Roasted root veggies	Tatziki	Orange-Glazed Carrots	Cajun Roasted Tomatoes	Thai style peppers & broccoli
Mango chutney	Chips & salsa	Sauteed swiss chard	Falafel		Garlic-Sauteed Summer squash	
	Taco toppings	Garlic knots	Basmati Rice			
10/2/2023	10/3/2023	10/4/2023	10/5/2023	10/6/2023	10/7/2023	10/8/2023
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch	Brunch
Veggie & Cheese Fritata	Scrambled Eggs	Scrambled Eggs	Tostada Bar w/Toppings	Assorted Quiche	Scrambled Eggs	Veggie & Cheese Fritata
Vegan Scramble	Spinach & Tomato Vegan scramble	Vegan breakfast w/onion & Zucchini	Scrambled Eggs	Fried Eggs Available	Vegan veggie scramble w/Mushrooms	Vegan vegetable scramble
	Veggie sausage	Croissants	Taco-Seasoned Tofu & Black Beans	Vegan scramble w/Tomato & Scallion	Veggie sausage	Veggie sausage
Veggie sausage	Canadian Bacon	Veggie sausage	Veggie sausage	Veggie sausage	Pork bacon	Pork Sausage
Turkey Sausage	Hollandaise	Turkey Sausage	Pork bacon	Turkey sausage	Halal Beef Bacon	Halal Beef Bacon
Waffles	French Toast Sticks	Waffles	Pancakes	French Toast Sticks	Waffles w/Fruit Compote	Pancakes w/Fruit Compote
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)	Open-Faced Pesto Chicken Melt	Chili bar!	Italian Sausage & Buns	Chef's special	Chef's special
Fried chicken (halal)	Tempeh stew	(v) Open-Faced Pesto Tofu Melt	Halal beef chili	(v) marinated roast tempeh		
Baked tofu with lemon & herbs	Elbow noodles	Garlic Rotini	Bean chili	Herb-Roasted Chicken		
French fries	Steamed broccoli	Roasted Pepper-Tomato Sauce	Assorted shredded cheeses	Potato pierogies		
marinara	Steamed corn & Roasted Peppers	French fries	Rice	Tater tots		
Pasta w/ olive oil, garlic	Sweet Potato French fries	Green Beans w/Garlic	Roasted cauliflower	Sauerkraut		
Steamed carrots	assorted Rolls	Vegetable medley	French fries	Caramelized Cabbage		
Sauteed greens			Vegetable Medley& vegan butter	Roasted Beets		
			Cornbread	Apple Sauce & Sour Cream		
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Meatloaf w/ sauce (halal)	Taco Night!	Pasta Night!	Halal Chicken Bulgogi	Stir fried shrimp	Indian night!	Halal Beef sheperds pie
Vegan meatloaf w/ sauce	Lazy chicken enchiladas (halal)	Cheese tortellini	Fried Tofu w/Miso Glaze	Stir fried chix (halal)	chicken tikka masala	(v) impossible sheperds pie
Mashed potatoes	(v) Lazy impossible enchiladas	Vegan Ravioli	Sticky rice	(v) Stir fried tofu	Tempeh tikka masala (vegan)	Steamed green beans
Peas & carrots	Spanish rice	Halal Chicken Cacciatore	Edamame Dumplings	Jasmine Rice	Saffron basmatti rice	Roasted butternut

Garlic green beans	Black beans braised	Pesto alfredo	Pork Dumplings	Vegan fried rice	Veggie biryani	Rice pilaf
Rice Pilaf	Sauteed kale	marinara	Dumpling Sauce	Vegan veggie lomein	Samosas	Steak fries
Cornbread	Vegetable medley	Garlic parm fries	Kimchi	Steamed edamame	Garlic buttered naan	(V) Onion Gravy
		Sauteed Greens	Sesame Green beans	Broccoli & Garlic Sauce	Mango chutney	
		Roasted rosemary root veg	Garlic-Roasted Cauliflower	Vegan yum yum sauce	Saag w/Masala-Roasted Tofu	
		Garlic knots				
10/9/2023	10/10/2023	10/11/2023	10/12/2023	10/13/2023	10/14/2023	10/15/2023
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch	Brunch
Veggie & Cheese Fritata	Scrambled Eggs	Fried Eggs	Tostada Bar w/Toppings	Assorted Quiche	Scrambled Eggs	Veggie & Cheese Fritata
Vegan Scramble	Spinach & Tomato Vegan scramble	Vegan breakfast w/onion & Zucchini	Scrambled Eggs	Fried Eggs Available	Vegan veggie scramble w/Mushrooms	Vegan vegetable scramble
Veggie sausage	Veggie sausage	Biscuits	Taco-Seasoned Tofu & Black Beans	Vegan scramble w/Tomato & Scallion	Veggie sausage	Veggie sausage
Turkey Sausage	Canadian Bacon	Veggie sausage	Veggie sausage	Veggie sausage	Pork bacon	Pork Sausage
Waffles	Hollandaise	Pork bacon	Pork bacon	Turkey sausage	Halal Beef Bacon	Halal Beef Bacon
Homefries	French Toast Sticks	Waffles	Pancakes	French Toast Sticks	Waffles w/Fruit Compote	Pancakes w/Fruit Compote
Fruit, Yogurt, & Berries	Hash Browns	Homefries	Hash Browns	Homefries	Hash Browns	Homefries
Assorted Breads & Pastries	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
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 11 a.m.	Lunch 11 a.m.
Chicken shawarma (halal)	BLT (halal) beef bacon	Beef sloppy joe (halal)	Braised Tempeh w/ Mole	Open-Faced Reuben	Chef's choice	Chef's choice
(v) falafel	Bacon BLT pork bacon	(v) Impossible sloppy joe	Argentinain Baked Chicken w/Chimi churi	(v) Open-Faced Tempeh Reuben		
Hummus & tahini sauce	(v) Tempeh BLT	Steamed Green Beans	Baked Plantains	Onion Rings		
Parsley rice	French fries	Veggie medley	Arroz con Gandules	Sweet fries		
Steamed broccoli	Vegetable Medley	Tater Tots	Roasted Vegetables w/Chili & Cumin	Green Beans w/Roasted Peppers		
Steak fries	Maple glazed carrots	Mashed Cauliflower	Sauteed Greens	Veggie medley		
Pita	Chicken Haleem	Fried Zucchini				
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Braised Beef brisket (halal)	Taco Night!	Pasta night!	General Tso's chicken (halal)	Mac & cheese	Chicken quesadilla (halal)	Beef stroganoff (halal)
BBQ tempeh (vegan)	Beef taco (halal)	Spaghetti	General Tso's tofu	Vegan mac & cheese	Cheese quesadilla	(v) Tempeh stroganoff
Tater tots	Chicken taco (halal)	Meatballs (halal)	Sesame noodles w/jul. veg.	assorted toppings	(v) Tempeh quesadilla	Egg noodles
Dirty rice	Tofu taco	Vegan meatballs	Rice	Roasted Chicken	Refried beans	farfalle
Steamed cauliflower	Spanish rice	Marinara	Sauteed bok choy	french fries	yucca fries	Green Beans
Mashed Root Veg	Taco french fries	Sauteed spinach	Teriyaki veggies	Marinara	Fiesta rice	Sauteed summer squash w scallions
(v) Cornbread	Black beans	Roasted red pepper & artichoke	Spring rolls	Steamed broccoli	Sauteed greens	Rice
BBQ sauce & honey mustard	Taco toppings	Caprese salad	Thai Sweet Chili Sauce	Roasted zucchini & Peppers	Vegetable Medley	
	Sauteed Spinach	Garlic knots				
10/16/2023	10/17/2023	10/18/2023	10/19/2023	10/20/2023	10/21/2023	10/22/2023
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch	Brunch
Veggie & Cheese Fritata	Scrambled Eggs	Scrambled Eggs w/Veggies	Tostada Bar w/Toppings	Assorted Quiche	Scrambled Eggs w/Veggies	Scrambled Egg w, Potato, onion, cheese
Vegan Scramble	Spinach & Tomato Vegan scramble	Vegan Scramble w/onion & Zucchini	Scrambled Eggs	Fried Eggs Available	Vegan veggie scramble w/Mushrooms	Vegan vegetable scramble
Veggie sausage	Veggie sausage		Taco-Seasoned Tofu & Black Beans	Vegan scramble w/Tomato & Scallion	Veggie sausage	Veggie sausage
Turkey Sausage	Canadian Bacon	Veggie sausage	Veggie sausage	Veggie sausage	Pork bacon	Pork Sausage
Waffles	Hollandaise	Pork bacon	Pork bacon	Turkey sausage	Halal Beef Bacon	Halal Beef Bacon
Homefries	French Toast Sticks	Waffles	Pancakes	French Toast Sticks	Waffles w/Fruit Compote	Pancakes w/Fruit Compote
Fruit, Yogurt, & Berries	Hash Browns	Homefries	Hash Browns	Homefries	Hash Browns	Homefries
Assorted Breads & Pastries	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
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 11 a.m.	Lunch 11 a.m.
French bread pizzas	Indian Lunch	Hot dog (standard & vegan) & Buns	Halal Chicken Pot Pie	Open Tomato, Onion & Cheese Melt	Chef's choice	Chef's choice
Cauliflower pizzas	Aloo Matter Keema	Baked beans (vegan)	Tempeh Pot Pie	(v) Grilled Cheese		
Farfalle w/Garlic	(v) Tofu style saag	Seekh Kabab	Rice Pilaf	Roasted Lemon-Pepper Chicken		
Marinara	Saffron Basmati rice	French fries	French fries	(v) BBQ Tofu		
Tater tots	(v) Gobi Masala	Sauteed greens	Steamed broccoli	Sauteed Greens		
eggplant Parmesan	Samosas	roasted cauliflower	Steamed cauliflower	Vegetable medley		
Vegan Eggplant Bake	Garlic buttered naan	Beef chili (halal)		(v) Macaroni w/Tomato & Basil		
Steamed broccoli	Mango chutney					

Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Breakfast for dinner!	Taco Night!	Pasta night!	Honey Mustard chicken (halal)	Indian night!	Korean BBQ Beef Brisket	Naan pizza-cheese
Scrambled eggs	Lazy chicken enchiladas (halal)	Cheese ravioli	Tamari & Garlic Tofu (v)	chicken tikka masala	Roast Chicken w/Gochujang & Garlic	Naan pizza-pepperoni
Tofu scramble	Lazy impossible enchiladas	Vegan ravioli	Roasted Potatoes	Tempeh tikka masala (vegan)	(V) Dubu Jorim (Braised Tofu)	Naan pizza-veggie
Hash browns	Spanish rice	Roasted chicken	Sauteed greens	Saffron basmati rice	Tamri & Ginger Greens	Vegan/GF pizza
Waffles & berry compote	braised Black beans	Marinara	Steamed carrots	Veggie biryani	Kim Chi & Sweet Chili Slaw	baked chicken
Bacon	Sauteed kale	Vegetable medley	Sweet Fries	Samosas	Sticky Rice	French fries
Morningstar sausage	Vegetable medley	Brussel sprouts		Garlic buttered naan	spring rolls w/dipping sauce	Steamed broccoli
Sauteed spinach		Garlic bread		Mango chutney	lettuce wraps	Steamed cauliflower
toppings for Scrambled Eggs				Tofu style saag		onion rings
10/23/2023	10/24/2023	10/25/2023	10/26/2023	10/27/2023	10/28/2023	10/29/2023
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Brunch	Brunch
Veggie & Cheese Fritata	Scrambled Eggs	Scrambled Eggs w/Veggies	Tostada Bar w/Toppings	Assorted Quiche	Scrambled Eggs w/Scallion & Cheese	Scrambled Egg w, Potato, onion, cheese
Vegan Scramble	Spinach & Tomato Vegan scramble	Vegan Scramble w/onion & Zucchini	Scrambled Eggs	Fried Eggs Available	Vegan veggie scramble	Vegan veggie scramble w/Mushrooms
Veggie sausage	Veggie sausage		Taco-Seasoned Tofu & Black Beans	Vegan scramble w/Tomato & Scallion	Veggie sausage	Veggie sausage
Turkey Sausage	Canadian Bacon	Veggie sausage	Veggie sausage	Veggie sausage	Pork bacon	Pork Sausage
Waffles	Hollandaise	Pork bacon	Pork bacon	Turkey sausage	Halal Beef Bacon	Halal Beef Bacon
Homefries	French Toast Sticks	Waffles	Pancakes	French Toast Sticks	Waffles w/Fruit Compote	Pancakes w/Fruit Compote
Fruit, Yogurt, & Berries	Hash Browns	Homefries	Hash Browns	Homefries	Hash Browns	Homefries
Assorted Breads & Pastries	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
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 11 a.m.	Lunch 11 a.m.
Burger Bar!	beef & pork Kielbasa	Open-Faced Turkey Reuben	Baked Potato Skins	Baked tofu Picatta	Chef's choice	Chef's choice
Beef burgers (halal)	Chicken in Caramelized Onion Cream	(v)Open-Faced Tempeh reuben	(v) Tempeh Chili	Halal BBQ Chicken		
Vegan burgers	Braised white bean Ragout	French fries	Shredded BBQ Chicken (halal)	French fries		
French fries	Lazy mans pierogie	Rice Pilaf	assorted toppings	Rotini w/Garlic, Spinach & Olive Oil		
Mac & cheese bites	Baby cakes	Steamed broccoli	Steamed broccoli	Roasted Potatoes		
Sauteed spinach	Roasted Brussels Sprouts	Roasted veggie medley	Rice	Sweet Corn w/Peppers & onion		
Peas & carrots	Sour cream	Mac & Cheese Bites	Cheese sauce	Sauteed greens		
assorted fry toppings	Apple Sauce		roasted butternut	Fried Pickles		
			Onion Rings			
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Indian night!	Taco night!	Pasta night!	Turkish night!	Herb baked chicken (halal)	Baked Salmon	Thai basil chicken (halal)
chicken tandoori	Fish tacos/Chicken tacos (halal)	Rotini pasta	(halal) Beef Tas Kabab	(v) Herb baked tofu	Chicken Tenders	(v) Curried tofu & cabbage
Tempeh tikka masala (vegan)	(v) Tofu tacos	Alfredo	Vegan impossible kofta	Assorted sauces	Tempeh w/tamari, Orange & Ginger	Vegan drunken noodles
basmati rice	elote bites	Marinara	Turkish stewed green beans	Garlic & olive oil pasta w/Peas & Onion	Assorted sauces	Jasmine rice
Veggie biryani	Refried beans	(v) Polenta	lentil & bulgar Pilaf	Mashed potatoes	Wild Rice Pilaf	Sauteed napa cabbage
Samosas	sazon rice	Bolognese (halal)	Roasted veggie kabab	Braised Greens	Roasted Potatoes	Sesame noodles
Garlic buttered naan	Sauteed greens	Roasted root veggies	Tatziki	Orange-Glazed Carrots	Cajun Roasted Tomatoes	Thai style peppers & broccoli
Mango chutney	Chips & salsa	Sauteed swiss chard	Falafel		Garlic-Sauteed Summer squash	
	Taco toppings	Garlic knots	Basmati Rice			