#### FALL 2022 WEEK 1 LUNCH

|   |           |   | Garden Dish                         | Sizzles  | Café Creations                     | Bread Box                           | Soup OFFERED DAILY Vegetarian Soup served from Garden Dish & Meat Soup Served at Salad Bar | Salad Bar                            |
|---|-----------|---|-------------------------------------|--|------------------------------------|-------------------------------------|--|--------------------------------------|
|   | MONDAY    | Baked BBQ Chicken Leg<br>Mac & Cheese V<br>Baked Beans<br>Corn Bread      | Roasted Vegetable<br>Couscous Bowl  | Italian Meatball Sub Sandwich                        | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Homestyle Chicken<br>Noodle Soup<br>Vegan Black Bean Soup                                  | Balsamic Pasta Salad                 |
|   | TUESDAY   | Beef Enchiladas<br>Cumin Black Beans<br>Assorted Toppings                 | Buffalo Cauliflower Salad           | Popcorn Shrimp with Cocktail<br>Sauce                | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Beef Noodle<br>Autumn Squash Soup  | Tuna Pasta Salad                     |
| C | WEDNESDAY | Cheese Manicotti<br>California Blend<br>Garlic Bread                      | Black Bean Taco Salad               | Chicken and Cheese Quesadilla with Assorted Toppings | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Turkey Rice Soup<br>Broccoli Cheese Soup   | Cucumber Cilantro<br>Salad with Lime |
|   | THURSDAY  | Indian Inspired Dish – Recipe<br>Pending                                  | Sun-Dried Tomato Pesto<br>Flatbread | Honey Dijon Grilled Chicken<br>Sandwich              | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Slow Cooked Beef Chili<br>Three Bean Vegetarian<br>Chili                                   | Homemade Potato<br>Salad             |
|   | FRIDAY    | Korean Beef Stir-Fry<br>Jasmine Rice<br>Asian Vegetable Blend             | Orange-Miso Udon Bowl               | Grilled Tuna Melt Sandwich                           | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Baked Potato Soup<br>with Bacon<br>Greek Isle Vegetable<br>Soup                            | Fall Apple Cranberry<br>Salad        |
|   | SATURDAY  | Chicken Alfredo Pasta<br>Alfredo Pasta<br>Steamed Broccoli<br>Bread Stick | Closed                              | Regular Menu   | Create Your Own                    | Create Your Own                     | Cauliflower Bisque   | Assorted Salads                      |
|   | SUNDAY    | Glazed Ham<br>Mashed Potatoes with Gravy<br>Roasted Carrots               | Closed                              | Regular Menu   | Create Your Own                    | Create Your Own                     | Chunky Vegetable<br>Barley Soup  | Assorted Salads                      |

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.









# FALL 2022 WEEK 1 DINNER

|    |           | Down Home  | Garden Dish  OFFERED DAILY  Vegetarian Pizza, Impossible Burger, Garden Burger,  Vegetarian Sandwich/Panini, &  Vegetables | Sizzles  OFFERED DAILY  Burgers (Beef or Turkey), Grilled Chicken, Homemade Chicken Tenders, Fries | Café Creations                     | Bread Box                           | Soup OFFERED DAILY Vegetarian Soup served from Garden Dish & Meat Soup Served at Salad Bar | Salad Bar OFFERED DAILY Salad Bar, Assorted Fruit |
|----|-----------|--|--|--|------------------------------------|-------------------------------------|--|---|
|    | MONDAY    | Baked BBQ Chicken Leg<br>Mac & Cheese V<br>Baked Beans<br>Corn Bread | Roasted Vegetable<br>Couscous Bowl   | Chili Hot Dog<br>Assorted Toppings   | Closed                             | Create Your Own<br>Weekly Specials: | Homestyle Chicken<br>Noodle Soup<br>Vegan Black Bean Soup                                  | Balsamic Pasta Salad                              |
|    | TUESDAY   | Beef Enchiladas<br>Cumin Black Beans<br>Assorted Toppings            | Buffalo Cauliflower Salad  | Cheddar Grilled Cheese with<br>Bacon   | Build Your Own<br>Weekly Specials: | Closed                              | Beef Noodle<br>Autumn Squash Soup  | Tuna Pasta Salad                                  |
| C. | WEDNESDAY | Cheese Manicotti<br>California Blend<br>Garlic Bread                 | Black Bean Taco Salad  | Turkey Club Burger   | Build Your Own<br>Weekly Specials: | Closed                              | Turkey Rice Soup<br>Broccoli Cheese Soup   | Cucumber Cilantro<br>Salad with Lime              |
|    | THURSDAY  | Indian Inspired Dish – Recipe<br>Pending                             | Sun-Dried Tomato Pesto<br>Flatbread  | Grilled Cajun Chicken Sandwich   | Build Your Own<br>Weekly Specials: | Closed                              | Slow Cooked Beef Chili<br>Three Bean Vegetarian<br>Chili                                   | Homemade Potato<br>Salad                          |
|    | FRIDAY    | Korean Beef Stir-Fry<br>Jasmine Rice<br>Asian Vegetable Blend        | Orange-Miso Udon Bowl  | Pork Cubano  | Closed                             | Create Your Own<br>Weekly Specials: | Baked Potato Soup<br>with Bacon<br>Greek Isle Vegetable<br>Soup                            | Fall Apple Cranberry<br>Salad                     |
|    | SATURDAY  | Closed   | Closed   | Regular Menu   | Assorted Omelets                   | Closed                              | Cauliflower Bisque   | Assorted Salads                                   |
|    | SUNDAY    | Closed   | Closed   | Regular Menu   | Assorted Omelets                   | Closed                              | Chunky Vegetable<br>Barley Soup  | Assorted Salads                                   |









## FALL 2022 WEEK 2 LUNCH

|        |           | Down Home   | Garden Dish  OFFERED DAILY  Vegetarian Pizza, Impossible  Burger, Garden Burger,  Vegetarian Sandwich/Panini, &  Vegetables | Sizzles  OFFERED DAILY Burgers (Beef or Turkey), Grilled Chicken, Homemade Chicken Tenders, Fries | Café Creations                     | Bread Box                           | Soup OFFERED DAILY Vegetarian Soup served from Garden Dish & Meat Soup Served at Salad Bar | Salad Bar OFFERED DAILY Salad Bar, Assorted Fruit |
|--------|-----------|---|---|---|------------------------------------|-------------------------------------|--|---|
|        | MONDAY    | Parmesan Oven Fried Cod<br>Sauteed Green Beans                                | Broccoli Cheddar Melt<br>Sandwich   | Grilled Bratwurst with Kraut and<br>Toppings on Bun   | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Rich Beef Noodle Soup  Curried Carrot and  Apple Soup                                      | Classic Creamy Coleslaw                           |
|        | TUESDAY   | Tacos – Beef or Chicken with<br>Assorted Toppings<br>Spanish Rice<br>Churro   | Cauliflower with Mango<br>Salsa Basmati Rice Bowl   | Chicken Nugget Bar  | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Chicken and Dumpling<br>Soup<br>Asian Vegetable Soup                                       | Harvest Time Corn<br>Salad                        |
|        | WEDNESDAY | Chicken Shawarma on Naan<br>Bread<br>Turmeric Roasted<br>Cauliflower          | Pineapple BBQ Flatbread<br>with Green Bell Pepper   | Tangy BBQ Pulled Pork Sandwich<br>With a Kool-Aid Pickle  | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Chicken Chili<br>Cream of Asparagus<br>Soup  | Broccoli Salad with<br>Cranberries                |
| A KANN | THURSDAY  | Carved Roast Beef<br>Garlic Mashed Potatoes with<br>Gravy<br>Parslied Carrots | Dukkah-Spiced Chickpea<br>Bowl with Turmeric-<br>Spiced Rice, Zucchini and<br>Tahini Sauce                                  | Hot Ham and Cheese on Pretzel<br>Bun  | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Italian Sausage Bowtie<br>Soup<br>Creamy Tomato Soup                                       | Fall Apple & Cranberry<br>Couscous Salad          |
|        | FRIDAY    | Chicken and Waffles with<br>Syrup   | Chickpea Cranberry<br>Walnut Salad in a Pita  | Breaded Fish Fillet on Toasted<br>Bun with Tartar Sauce and<br>Lemon                              | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Buffalo Chicken Soup  Au Gratin Potato Soup  | Italian Pasta Salad                               |
|        | SATURDAY  | Ravioli with Meat Sauce or<br>Marinara<br>Broccoli Florets<br>Breadstick      | Closed  | Regular Menu  | Create Your Own                    | Create Your Own                     | Barley and Roasted<br>Vegetable Soup   | Assorted Salads                                   |
|        | SUNDAY    | BBQ Chicken Calzone<br>California Blend Vegetables                            | Closed  | Regular Menu  | Create Your Own                    | Create Your Own                     | Black Bean Soup  | Assorted Salads                                   |









# FALL 2022 WEEK 2 DINNER

| II        | Down Home   | Garden Dish  OFFERED DAILY  Vegetarian Pizza, Impossible  Burger, Garden Burger,  Vegetarian Sandwich/Panini, &  Vegetables | Sizzles  OFFERED DAILY  Burgers (Beef or Turkey), Grilled Chicken, Homemade Chicken Tenders, Fries | Café Creations                     | Bread Box                           | Soup OFFERED DAILY Vegetarian Soup served from Garden Dish & Meat Soup Served at Salad Bar | Salad Bar OFFERED DAILY Salad Bar, Assorted Fruit |
|-----------|---|---|--|------------------------------------|-------------------------------------|--|---|
| MONDAY    | Parmesan Oven Fried Cod<br>Sauteed Green Beans                                | Broccoli Cheddar Melt<br>Sandwich   | Classic Roast Beef Sandwich  | Closed                             | Create Your Own<br>Weekly Specials: | Rich Beef Noodle Soup  Curried Carrot and  Apple Soup                                      | Classic Creamy Coleslaw                           |
| TUESDAY   | Tacos – Beef or Chicken with<br>Assorted Toppings<br>Spanish Rice<br>Churro   | Cauliflower with Mango<br>Salsa Basmati Rice Bowl   | Grilled Pastrami and Provolone   | Build Your Own<br>Weekly Specials: | Closed                              | Chicken and Dumpling<br>Soup<br>Asian Vegetable Soup                                       | Harvest Time Corn<br>Salad                        |
| WEDNESDAY | Chicken Shawarma on Naan<br>Bread<br>Turmeric Roasted<br>Cauliflower          | Pineapple BBQ Flatbread<br>with Green Bell Pepper   | Breakfast Quesadilla   | Build Your Own<br>Weekly Specials: | Closed                              | Chicken Chili<br>Cream of Asparagus<br>Soup  | Broccoli Salad with<br>Cranberries                |
| THURSDAY  | Carved Roast Beef<br>Garlic Mashed Potatoes with<br>Gravy<br>Parslied Carrots | Dukkah-Spiced Chickpea<br>Bowl with Turmeric-<br>Spiced Rice, Zucchini and<br>Tahini Sauce                                  | Mac & Cheese Grilled Cheese<br>Sandwich  | Build Your Own<br>Weekly Specials: | Closed                              | Italian Sausage Bowtie<br>Soup<br>Creamy Tomato Soup                                       | Fall Apple & Cranberry<br>Couscous Salad          |
| FRIDAY    | Chicken and Waffles with<br>Syrup   | Chickpea Cranberry<br>Walnut Salad in a Pita  | Kickin' Turkey Sandwich  | Closed                             | Create Your Own<br>Weekly Specials: | Buffalo Chicken Soup  Au Gratin Potato Soup  | Italian Pasta Salad                               |
| SATURDAY  | Closed  | Closed  | Regular Menu   | Assorted Omelets                   | Closed                              | Barley and Roasted<br>Vegetable Soup   | Assorted Salads                                   |
| SUNDAY    | Closed  | Closed  | Regular Menu   | Assorted Omelets                   | Closed                              | Black Bean Soup  | Assorted Salads                                   |









## FALL 2022 WEEK 3 LUNCH

| 11        | Down Home   | Garden Dish  OFFERED DAILY  Vegetarian Pizza, Impossible  Burger, Garden Burger,  Vegetarian Sandwich/Panini, &  Vegetables   | Sizzles  OFFERED DAILY Burgers (Beef or Turkey), Grilled Chicken, Homemade Chicken Tenders, Fries  | Café Creations  | Bread Box   | Soup OFFERED DAILY Vegetarian Soup served from Garden Dish & Meat Soup Served at Salad Bar  | Salad Bar OFFERED DAILY Salad Bar, Assorted Fruit  |
|-----------|---|---|--|---|---|---|--|
| MONDAY    | Sweet Jamaican Jerk Chicken<br>Leg Quarter<br>Red Beans & Rice          | Penne San Remo Tomato<br>& Artichoke Pasta Bowl   | Sloppy Joe Quesadilla  | Build Your Own<br>Weekly Specials:  | Create Your Own<br>Weekly Specials:   | Chicken and White<br>Bean Soup<br>Curried Butternut<br>Squash Soup  | Creamy Broccoli &<br>Cauliflower Salad   |
| TUESDAY   | Indian Inspired Dish – Recipe<br>Pending                                | Peruvian-Spiced<br>Cauliflower Quinoa Bowl  | Harvest Melt Sandwich  | Build Your Own<br>Weekly Specials:  | Create Your Own<br>Weekly Specials:   | New England Clam<br>Chowder<br>Spinach Parmesan<br>Soup   | BLT Salad  |
| VEDNESDAY | Chicken or Beef Birria Tacos<br>& Consommé Sauce<br>Refried Beans       | Kung Pao Carrot Bowl  | Philly Cheese Steak Pub<br>Sandwich  | Build Your Own<br>Weekly Specials:  | Create Your Own<br>Weekly Specials:   | Chicken Chili<br>Cream of Asparagus<br>Soup   | Cucumber Salad with<br>Ginger Vinaigrette  |
| THURSDAY  | Macaroni and Cheese Bar<br>with Fun Assorted Toppings                   | Roasted Zucchini & Corn<br>on Roasted Red Pepper<br>Hummus Flatbread  | Grilled Reuben Sandwich  | Build Your Own<br>Weekly Specials:  | Create Your Own<br>Weekly Specials:   | Italian Sausage Bowtie<br>Soup<br>Creamy Tomato Soup  | French Potato Salad  |
| FRIDAY    | Creamy Tuscan Chicken<br>Garlic Roasted Potatoes<br>Sauteed Green Beans | Ancient Grain Bowl with<br>Blackened Tofu   | Pizza Burger   | Build Your Own<br>Weekly Specials:  | Create Your Own<br>Weekly Specials:   | Mulligatawny Soup Stuffed Pepper Soup   | Garden Rainbow Salad   |
| SATURDAY  | Beef Rigatoni with Italian<br>Sausage<br>Steamed Broccoli               | Closed  | Regular Menu   | Create Your Own   | Create Your Own   | Tomato Florentine<br>Soup   | Assorted Salads  |
| SUNDAY    | Tater Tot Casserole<br>Parslied Carrots                                 | Closed  | Regular Menu   | Create Your Own   | Create Your Own   | Zucchini and Basil<br>Soup  | Assorted Salads  |
|           | TUESDAY VEDNESDAY THURSDAY FRIDAY                                       | Sweet Jamaican Jerk Chicken Leg Quarter Red Beans & Rice  Indian Inspired Dish – Recipe Pending  Chicken or Beef Birria Tacos & Consommé Sauce Refried Beans  THURSDAY  Macaroni and Cheese Bar with Fun Assorted Toppings  Creamy Tuscan Chicken Garlic Roasted Potatoes Sauteed Green Beans  Beef Rigatoni with Italian Sausage Steamed Broccoli  Tater Tot Casserole Davelied Coursets | THURSDAY  Macaroni and Cheese Bar with Fun Assorted Toppings  Macaroni and Cheese Bar with Fun Assorted Toppings  Creamy Tuscan Chicken Garlic Roasted Pepper Hummus Flatbread  Creamy Tuscan Chicken Garlic Roasted Potatoes Sauteed Green Beans  SATURDAY  Defense Dally Vegetarian Sandwich/Panini, & Vegetables  Negetables  Penne San Remo Tomato & Artichoke Pasta Bowl  Penne San Remo Tomato & Artichoke Pasta Bowl  Refried Beans & Recipe Peruvian-Spiced Cauliflower Quinoa Bowl  Kung Pao Carrot Bowl  Roasted Zucchini & Corn on Roasted Red Pepper Hummus Flatbread  Ancient Grain Bowl with Blackened Tofu  Beef Rigatoni with Italian Sausage Steamed Broccoli  Tater Tot Casserole Parelied Coursely. | OFFERED DAILY Vegetarian Pizza, impossible Burger, Garden Burger, Vegetables  NONDAY  Sweet Jamaican Jerk Chicken Leg Quarter Red Beans & Rice  Penne San Remo Tomato & Artichoke Pasta Bowl  Indian Inspired Dish – Recipe Pending  Peruvian-Spiced Cauliflower Quinoa Bowl  Chicken or Beef Birria Tacos & Consommé Sauce Refried Beans  Kung Pao Carrot Bowl  FRIDAY  Macaroni and Cheese Bar with Fun Assorted Toppings  Roasted Zucchini & Corn on Roasted Red Pepper Hummus Flatbread  Ancient Grain Bowl with Blackened Tofu  Beef Rigatoni with Italian Sausage Steamed Broccoli  Tater Tot Casserole Parsiled Carrots  OFFERED DAILY Burgers (Beef or Turkey), Grilled Chicken, Homemade Chicken Tenders, Fries  Sloppy Joe Quesadilla  Harvest Melt Sandwich  Philly Cheese Steak Pub Sandwich  Grilled Reuben Sandwich  Pizza Burger  Ancient Grain Bowl with Blackened Tofu  Regular Menu | OFFERED DAILY   Vegetarian Naza, Impossible   Vegetarian Sandwich/Prinit, & Vegetarian Sandwich   Sioppy Joe Quesadilla | Weekly Specials:  Sweet Jamaican Jerk Chicken Leg Quarter Red Beans & Rice  Penne San Remo Tomato & Artichoke Pasta Bowl  Indian Inspired Dish - Recipe Pending  Chicken or Beef Birria Tacos & Consommé Sauce Refried Beans  Kung Pao Carrot Bowl  Kung Pao Carrot Bowl  FILURSDAY  Macaroni and Cheese Bar with Fun Assorted Toppings  Roasted Zucchini & Corn on Roasted Red Pepper Hummus Flatbread  Roasted Green Beans  Roasted Tofu  Build Your Own Weekly Specials:  Create Your Own Weekly Specials:  FILURSDAY  Macaroni and Cheese Bar with Fun Assorted Toppings  Roasted Red Pepper Hummus Flatbread  Roasted Red Pepper Hummus Flatbread  Ancient Grain Bowl with Blackened Tofu  Beef Rigatoni with Italian Sausage Staumed Broccoli  Tater Tot Casserole  Saturd On Teate Your Own  Create Your Own  Create Your Own  Weekly Specials:  Create Your Own  Create Your Own  Weekly Specials:  Tater Tot Casserole  Saturd Green Beans | VESTERED DAILY Vegetarins Fizz, minosible Budget, Garden Budget, Vegetarins Sandwich/Panel, 8, vegetables  Week Jamalcan Jerk Chicken Leg Quarter Red Beans & Rice  Penne San Remo Tomato & Artichoke Pasta Bowl  Sloppy Joe Quesadilla  Sloppy Joe Quesadilla  Build Your Own Weekly Specials:  Create Your Own Tomato Florentine Soup  Create Your Own Weekly Specials:  Create Your Own W |











## FALL 2022 WEEK 3 DINNER

|  |           | Down Home   | Garden Dish  OFFERED DAILY  Vegetarian Pizza, Impossible  Burger, Garden Burger,  Vegetarian Sandwich/Panini, &  Vegetables | OFFERED DAILY Burgers (Beef or Turkey), Grilled Chicken, Homemade Chicken Tenders, Fries | Café Creations                     | Bread Box                           | Soup OFFERED DAILY Vegetarian Soup served from Garden Dish & Meat Soup Served at Salad Bar | Salad Bar OFFERED DAILY Salad Bar, Assorted Fruit |
|--|-----------|---|---|--|------------------------------------|-------------------------------------|--|---|
|  | MONDAY    | Sweet Jamaican Jerk Chicken<br>Leg Quarter<br>Red Beans & Rice          | Penne San Remo Tomato<br>& Artichoke Pasta Bowl   | Grilled Mediterrenean Vegetable<br>Sandwich  | Closed                             | Create Your Own<br>Weekly Specials: | Chicken and White<br>Bean Soup<br>Curried Butternut<br>Squash Soup                         | Creamy Broccoli &<br>Cauliflower Salad            |
| THE STATE OF THE S | TUESDAY   | Indian Inspired Dish – Recipe<br>Pending                                | Peruvian-Spiced<br>Cauliflower Quinoa Bowl  | Boneless Wings<br>Assorted Sauces  | Build Your Own<br>Weekly Specials: | Closed                              | New England Clam<br>Chowder<br>Spinach Parmesan<br>Soup                                    | BLT Salad   |
| 3  | WEDNESDAY | Chicken or Beef Birria Tacos<br>& Consommé Sauce<br>Refried Beans       | Kung Pao Carrot Bowl  | Steak Quesadilla with<br>Caramelized Onions<br>Assorted Toppings                         | Build Your Own<br>Weekly Specials: | Closed                              | Chicken Chili<br>Cream of Asparagus<br>Soup  | Cucumber Salad with<br>Ginger Vinaigrette         |
| N.X. Sall  | THURSDAY  | Macaroni and Cheese Bar<br>with Fun Assorted Toppings                   | Roasted Zucchini & Corn<br>on Roasted Red Pepper<br>Hummus Flatbread  | Homestyle Gourmet Meatloaf<br>Sandwich on Italian Bread                                  | Build Your Own<br>Weekly Specials: | Closed                              | Italian Sausage Bowtie<br>Soup<br>Creamy Tomato Soup                                       | French Potato Salad                               |
|  | FRIDAY    | Creamy Tuscan Chicken<br>Garlic Roasted Potatoes<br>Sauteed Green Beans | Ancient Grain Bowl with<br>Blackened Tofu   | Indian Inspired Sandwich –<br>Recipe Pending   | Closed                             | Create Your Own<br>Weekly Specials: | Mulligatawny Soup Stuffed Pepper Soup  | Garden Rainbow Salad                              |
|  | SATURDAY  | Closed  | Closed  | Regular Menu   | Assorted Omelets                   | Closed                              | Tomato Florentine<br>Soup  | Assorted Salads                                   |
|  | SUNDAY    | Closed  | Closed  | Regular Menu   | Assorted Omelets                   | Closed                              | Zucchini and Basil<br>Soup   | Assorted Salads                                   |









## FALL 2022 WEEK 4 LUNCH

|           |           |   | NO XII  |  |                                    |                                     |  |   |
|-----------|-----------|---|---|--|------------------------------------|-------------------------------------|--|---|
|           | II        | Down Home   | Garden Dish  OFFERED DAILY  Vegetarian Pizza, Impossible  Burger, Garden Burger,  Vegetarian Sandwich/Panini, &  Vegetables | Sizzles  OFFERED DAILY  Burgers (Beef or Turkey), Grilled Chicken, Homemade Chicken Tenders, Fries | Café Creations                     | Bread Box                           | Soup OFFERED DAILY Vegetarian Soup served from Garden Dish & Meat Soup Served at Salad Bar | Salad Bar OFFERED DAILY Salad Bar, Assorted Fruit |
|           | MONDAY    | Sausage, Shrimp, or<br>Vegetable Jambalaya<br>Breaded Fried Okra          | Roasted Broccoli<br>Tabbouleh   | Stadium Style Hot Dog<br>Assorted Toppings   | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Wisconsin Beer Cheese<br>Soup<br>Hearty Lentil Soup  | Asian Noodle Salad                                |
|           | TUESDAY   | Build Your Favorite Nacho<br>(Beef, Chicken or Bean)<br>Assorted Toppings | Avocado Hummus Bowl   | Fiesta Grilled Cheese Sandwich   | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Spicey Thai Chicken<br>Soup<br>Homemade<br>Minestrone Soup                                 | Black Bean & Corn<br>Salad                        |
| 0         | WEDNESDAY | Indian Inspired Dish – Recipe<br>Pending                                  | Cauliflower and Kale<br>Salad   | Special – Find out the<br>Chancellor's favorite Grilled<br>Sandwich                                | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Two Bean and Beef<br>Chunky Chili<br>Fire Roasted Corn<br>Chowder Soup                     | Harvest Vegetable Farro<br>Salad                  |
| A X X III | THURSDAY  | Homemade Lasagna<br>Roasted Broccoli<br>Garlic Bread                      | Thai Veggie Peanut Curry  | Honey Dijon Grilled Chicken<br>Sandwich  | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Cream of Chicken<br>Soup<br>Corn with Sweet<br>Potato Soup                                 | Orzo Salad with<br>Peppers and Olives             |
|           | FRIDAY    | Baja Fish Taco<br>Cilantro Lime Rice<br>Churro                            | Middle Eastern-Style<br>Chickpea Bowl   | Grilled Turkey and Swiss<br>Sandwich   | Build Your Own<br>Weekly Specials: | Create Your Own<br>Weekly Specials: | Chicken and Rice Soup  Creamy Roasted Garlic and Mushroom Soup                             | Roasted Carrot & Feta<br>Salad                    |
|           | SATURDAY  | Italian Chicken Cacciatore<br>Over Angel Hair Pasta                       | Closed  | Regular Menu   | Create Your Own                    | Create Your Own                     | Garden Vegetable<br>Soup   | Assorted Salads                                   |
|           | SUNDAY    | Homemade Meat Loaf<br>Garlic Mashed Potatoes<br>Corn                      | Closed  | Regular Menu   | Create Your Own                    | Create Your Own                     | Tomato Basil Soup  | Assorted Salads                                   |









## FALL 2022 WEEK 4 DINNER

|   |           | Down Home   | Garden Dish  OFFERED DAILY  Vegetarian Pizza, Impossible  Burger, Garden Burger,  Vegetarian Sandwich/Panini, &  Vegetables | OFFERED DAILY Burgers (Beef or Turkey), Grilled Chicken, Homemade Chicken Tenders, Fries | Café Creations                     | Bread Box                           | Soup OFFERED DAILY Vegetarian Soup served from Garden Dish & Meat Soup Served at Salad Bar | Salad Bar OFFERED DAILY Salad Bar, Assorted Fruit |
|---|-----------|---|---|--|------------------------------------|-------------------------------------|--|---|
|   | MONDAY    | Sausage, Shrimp, or<br>Vegetable Jambalaya<br>Breaded Fried Okra          | Roasted Broccoli<br>Tabbouleh   | Texas Burger on Kaiser   | Closed                             | Create Your Own<br>Weekly Specials: | Wisconsin Beer Cheese<br>Soup<br>Hearty Lentil Soup  | Asian Noodle Salad                                |
|   | TUESDAY   | Build Your Favorite Nacho<br>(Beef, Chicken or Bean)<br>Assorted Toppings | Avocado Hummus Bowl   | Shrimp or Chicken Po'boy<br>Sandwich   | Build Your Own<br>Weekly Specials: | Closed                              | Spicey Thai Chicken<br>Soup<br>Homemade<br>Minestrone Soup                                 | Black Bean & Corn<br>Salad                        |
| 3 | WEDNESDAY | Indian Inspired Dish – Recipe<br>Pending                                  | Cauliflower and Kale<br>Salad   | Italian Sausage Pub Bomber   | Build Your Own<br>Weekly Specials: | Closed                              | Two Bean and Beef<br>Chunky Chili<br>Fire Roasted Corn<br>Chowder Soup                     | Harvest Vegetable Farro<br>Salad                  |
|   | THURSDAY  | Homemade Lasagna<br>Roasted Broccoli<br>Garlic Bread                      | Thai Veggie Peanut Curry  | Grilled Pesto Chicken with<br>Tomatoes on Ciabatta                                       | Build Your Own<br>Weekly Specials: | Closed                              | Cream of Chicken<br>Soup<br>Corn with Sweet<br>Potato Soup                                 | Orzo Salad with<br>Peppers and Olives             |
|   | FRIDAY    | Baja Fish Taco<br>Cilantro Lime Rice<br>Churro                            | Middle Eastern-Style<br>Chickpea Bowl   | Cheese & Jalapeño Quesadilla   | Closed                             | Create Your Own<br>Weekly Specials: | Chicken and Rice Soup  Creamy Roasted Garlic and Mushroom Soup                             | Roasted Carrot & Feta<br>Salad                    |
|   | SATURDAY  | Closed  | Closed  | Regular Menu   | Assorted Omelets                   | Closed                              | Garden Vegetable<br>Soup   | Assorted Salads                                   |
|   | SUNDAY    | Closed  | Closed  | Regular Menu   | Assorted Omelets                   | Closed                              | Tomato Basil Soup  | Assorted Salads                                   |









## FALL 2022 WEEK 5 LUNCH

|                            |   |   |  |   |   | The North   |   |
|----------------------------|---|---|--|---|---|---|---|
| 11                         | Down Home   | Garden Dish  OFFERED DAILY  Vegetarian Pizza, Impossible  Burger, Garden Burger,  Vegetarian Sandwich/Panini, &  Vegetables | Sizzles  OFFERED DAILY  Burgers (Beef or Turkey), Grilled Chicken, Homemade Chicken Tenders, Fries     | Café Creations  | Bread Box   | Soup OFFERED DAILY Vegetarian Soup served from Garden Dish & Meat Soup Served at Salad Bar  | Salad Bar OFFERED DAILY Salad Bar, Assorted Fruit |
| MONDAY                     | Chicken or Beef Fajitas<br>Assorted Toppings  | Cashew Alfredo Penne  | Monterey Chicken Sandwich  | Build Your Own<br>Weekly Specials:  | Create Your Own<br>Weekly Specials:   | Beef Barley Soup<br>Vegetable Tortellini<br>Soup  | Tuna Pasta Salad                                  |
| TUESDAY                    | Cranberry Dijon Chicken<br>Breast<br>Rice Pilaf<br>Steamed Carrots  | Veggie Loaded Baked<br>Potato   | Gyro on Pita with Tzatziki Sauce   | Build Your Own<br>Weekly Specials:  | Create Your Own<br>Weekly Specials:   | Andouille & Onion<br>Soup<br>Sweet Potato &<br>Roasted Corn Soup  | Spicy Chickpea and<br>Pasta Salad                 |
| WEDNESDAY                  | Feta and Cheese Pasta<br>California Blend   | Cauliflower Tacos Arabes  | Pork Cubano  | Build Your Own<br>Weekly Specials:  | Create Your Own<br>Weekly Specials:   | Santa Fe Chili<br>Acorn and Butternut<br>Squash Chili   | Summer Succotash<br>Salad                         |
| THURSDAY                   | Asian-Style Stir Fry<br>Basmati Rice<br>Sugar Snap Peas   | Italian Roasted Carrots &<br>Barley Bowl  | Indian Inspired Dish – Recipe<br>Pending   | Build Your Own<br>Weekly Specials:  | Create Your Own<br>Weekly Specials:   | Wonton Soup<br>White Bean & Kale<br>Soup  | Caprese Pasta Salad                               |
| FRIDAY                     | Breaded Fish<br>Roasted Potatoes with<br>Parmesan Cheese<br>Sweet Corn  | Roasted Squash, Bell<br>Pepper, & Beet Couscous<br>Tahini Bowl  | Sunset Breakfast Burrito<br>Breakfast Potatoes   | Build Your Own<br>Weekly Specials:  | Create Your Own<br>Weekly Specials:   | Tuscan Chicken Noodle<br>Soup<br>Tomato Basil Soup  | Chicken, Wild Rice &<br>Grapes Salad              |
| SATURDAY                   | Pepperoni Calzone<br>Sauteed Green Beans  | Closed  | Regular Menu   | Create Your Own   | Create Your Own   | Creamy Broccoli Soup  | Assorted Salads                                   |
| SUNDAY                     | Pasta Primavera<br>Seasoned Cauliflower   | Closed  | Regular Menu   | Create Your Own   | Create Your Own   | Potato Cheddar Soup   | Assorted Salads                                   |
| THURSDAY  FRIDAY  SATURDAY | Asian-Style Stir Fry Basmati Rice Sugar Snap Peas  Breaded Fish Roasted Potatoes with Parmesan Cheese Sweet Corn  Pepperoni Calzone Sauteed Green Beans | Roasted Squash, Bell Pepper, & Beet Couscous Tahini Bowl  | Indian Inspired Dish – Recipe<br>Pending  Sunset Breakfast Burrito<br>Breakfast Potatoes  Regular Menu | Build Your Own Weekly Specials:  Build Your Own Weekly Specials:  Create Your Own | Create Your Own Weekly Specials:  Create Your Own Weekly Specials:  Create Your Own Create Your Own | Acorn and Butternut Squash Chili  Wonton Soup White Bean & Kale Soup  Tuscan Chicken Noodle Soup  Tomato Basil Soup  Creamy Broccoli Soup | Caprese  Chicken, Grape                           |

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.









#### FALL 2022 WEEK 5 DINNER

|   |           |  | A NOXII  |  |                                    |                                     | 1000   |   |
|---|-----------|--|--|--|------------------------------------|-------------------------------------|--|---|
|   | II        | Down Home  | Garden Dish  OFFERED DAILY  Vegetarian Pizza, Impossible Burger, Garden Burger,  Vegetarian Sandwich/Panini, &  Vegetables | Sizzles  OFFERED DAILY  Burgers (Beef or Turkey), Grilled Chicken, Homemade Chicken Tenders, Fries | Café Creations                     | Bread Box                           | Soup OFFERED DAILY Vegetarian Soup served from Garden Dish & Meat Soup Served at Salad Bar | Salad Bar OFFERED DAILY Salad Bar, Assorted Fruit |
|   | MONDAY    | Chicken or Beef Fajitas<br>Assorted Toppings                           | Cashew Alfredo Penne   | Bahn Mi Turkey Burger<br>Indonesian Inpired  | Closed                             | Create Your Own<br>Weekly Specials: | Beef Barley Soup<br>Vegetable Tortellini<br>Soup   | Tuna Pasta Salad                                  |
|   | TUESDAY   | Cranberry Dijon Chicken<br>Breast<br>Rice Pilaf<br>Steamed Carrots     | Veggie Loaded Baked<br>Potato  | Beef Bulgogi Sliders   | Build Your Own<br>Weekly Specials: | Closed                              | Andouille & Onion<br>Soup<br>Sweet Potato &<br>Roasted Corn Soup                           | Spicy Chickpea and<br>Pasta Salad                 |
| v | VEDNESDAY | Feta and Cheese Pasta<br>California Blend                              | Cauliflower Tacos Arabes   | Fish and Chips<br>Tartar Sauce & Pickle  | Build Your Own<br>Weekly Specials: | Closed                              | Santa Fe Chili<br>Acorn and Butternut<br>Squash Chili                                      | Summer Succotash<br>Salad                         |
|   | THURSDAY  | Asian-Style Stir Fry<br>Basmati Rice<br>Sugar Snap Peas                | Italian Roasted Carrots &<br>Barley Bowl   | Caesar Grilled Chicken Sandwich  | Build Your Own<br>Weekly Specials: | Closed                              | Wonton Soup<br>White Bean & Kale<br>Soup   | Caprese Pasta Salad                               |
|   | FRIDAY    | Breaded Fish<br>Roasted Potatoes with<br>Parmesan Cheese<br>Sweet Corn | Roasted Squash, Bell<br>Pepper, & Beet Couscous<br>Tahini Bowl   | French Dip Beef Sandwich   | Closed                             | Create Your Own<br>Weekly Specials: | Tuscan Chicken Noodle<br>Soup<br>Tomato Basil Soup   | Chicken, Wild Rice &<br>Grapes Salad              |
|   | SATURDAY  | Closed   | Closed   | Regular Menu   | Assorted Omelets                   | Create Your Own                     | Creamy Broccoli Soup   | Assorted Salads                                   |
|   | SUNDAY    | Closed   | Closed   | Regular Menu   | Assorted Omelets                   | Create Your Own                     | Potato Cheddar Soup  | Assorted Salads                                   |











#### BREAKFAST

#### OFFERED DAILY

Daily Breakfast Sandwich Scrambled Eggs Eggs and Omelets to Order Assortment of Breakfast Potatoes Egg Whites Breakfast Meat – Sausage & French Toast Sticks Breakfast Condiments Waffle Bar





2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.



= **BeWell** Healthy Option





