



Week #2	11/8/2009	11/9/2009	11/10/2009	11/11/2009	11/12/2009	11/13/2009	11/14/2009
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
<u>BRUNCH 11am-2:30pm</u> scrambled eggs sausage gravy / biscuits tri-taters sausage links chicken tenders asparagus	<u>BREAKFAST 7 am - 10:30 am</u> scrambled eggs sausage gravy / biscuits hashbrowns corned beef hash  Belgium Waffle Bar/Cereal Bar Asst. Pastries/Bagels/Breads/Donuts ASST. Nutrigrain Bars, Granola, Oatmeal pc's, Cr. of Wheat pc's, Poptarts	<u>BREAKFAST 7 am - 10:30 am</u> scrambled eggs sausage gravy / biscuits tater tots sausage patty  Belgium Waffle Bar/Cereal Bar Asst. Pastries/Bagels/Breads/Donuts ASST. Nutrigrain Bars, Granola, Oatmeal pc's, Cr. of Wheat pc's, Poptarts	<u>BREAKFAST 7 am - 10:30 am</u> scrambled eggs sausage gravy / biscuits home fries bacon  Belgium Waffle Bar/Cereal Bar Asst. Pastries/Bagels/Breads/Donuts ASST. Nutrigrain Bars, Granola, Oatmeal pc's, Cr. of Wheat pc's, Poptarts	<u>BREAKFAST 7 am - 10:30 am</u> scrambled eggs sausage gravy / biscuits hashbrowns sausage links  Belgium Waffle Bar/Cereal Bar Asst. Pastries/Bagels/Breads/Donuts ASST. Nutrigrain Bars, Granola, Oatmeal pc's, Cr. of Wheat pc's, Poptarts	<u>BREAKFAST 7 am - 10:30 am</u> scrambled eggs sausage gravy / biscuits home fries baked ham  Belgium Waffle Bar/Cereal Bar Asst. Pastries/Bagels/Breads/Donuts ASST. Nutrigrain Bars, Granola, Oatmeal pc's, Cr. of Wheat pc's, Poptarts	<u>BRUNCH 11am-2:30pm</u> scrambled eggs sausage gravy / biscuits tater tots bacon kielbasa & sauerkraut jalapeno poppers Glazed Carrots	
<u>Brunch DEMO BAR 11-2:30 pm</u> omelets	<u>Breakfast DEMO BAR 7 am - 10:00 am</u> french toast	<u>Breakfast DEMO BAR 7 am - 10:00 am</u> english muffin sand. w/egg, ham & cheese	<u>Breakfast DEMO BAR 7 am - 10:00 am</u> walnut pancakes	<u>Breakfast DEMO BAR 7 am - 10:00 am</u> omelets	<u>Breakfast DEMO BAR 7 am - 10:00 am</u> french toast	<u>Brunch DEMO BAR 11-2:30 pm</u> chocolate chip pancakes	
Belgium Waffle Bar/Cereal Bar Asst. Pastries/Bagels/Breads/Donuts ASST. Nutrigrain Bars, Granola, Oatmeal pc's, Cr. of Wheat pc's, Poptarts	<u>Healthy "U"</u> "U" omelet bar "U" fresh fruit cup "U" whole wheat toast	<u>Healthy "U"</u> "U" blueberry muffin bread "U" fresh fruit cup "U" triple berry parfait	<u>Healthy "U"</u> "U" fruit filled pancakes "U" sugar free yogurt "U" fresh fruit cup	<u>Healthy "U"</u> "U" italian eggs "U" whole wheat toast "U" fresh fruit cup	<u>Healthy "U"</u> "U" oatmeal bar	Belgium Waffle Bar/Cereal Bar Asst. Pastries/Bagels/Breads/Donuts ASST. Nutrigrain Bars, Granola, Oatmeal pc's, Cr. of Wheat pc's, Poptarts	
	Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI		
	<u>LUNCH 10:30 am - 2:00 pm</u> teriyaki glazed chicken breast twice baked potatoes Green Beans	<u>LUNCH 10:30 am - 2:00 pm</u> fish sandwich macaroni & cheese capri veggies	<u>LUNCH 10:30 am - 2:00 pm</u> sliced turkey mashed potatoes w/stuffing & gravy peas & carrots	<u>LUNCH 10:30 am - 2:00 pm</u> reuben sandwich onion rings broccoli	<u>LUNCH 10:30 am - 2:00 pm</u> popcorn chicken waffle fries cauliflower		
<u>~ Pizza / Pasta / Deli bars ~</u> <u>~11:00am-630pm Sun &amp; Sat~</u>						<u>~ Pizza/Pasta/Deli bars ~</u> <u>~11:00am-630pm Sun &amp; Sat~</u>	
	<u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> garlic chicken cavatappi mozzarella	<u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> sitr fried crab with rice	<u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> sweet & spicy beef w/ brown rice	<u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> Monterey chicken	<u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> julienne turkey salad		
	<u>Healthy "U"</u> "U" mediterrean sandwich "U" italian three beans & rice salad	<u>Healthy "U"</u> "U" hot & sour thai beef salad "U" spring rolls "U" fresh veggies	<u>Healthy "U"</u> "U" chicken tortellini & roasted veggies "U" sundried tomato basil vinaigrette "U" baked Spanish rice barley	<u>Healthy "U"</u> "U" shrimp & pineapple rice "U" corn, black bean & red pepper salad "U" garden salad	<u>Healthy "U"</u> "U" turkey burger w/veggie toppings "U" unfried french fries "U" garden salad		
	Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI		
<u>DINNER 3:31-6:30pm</u> bbq spare ribs rice pilaf lima beans	<u>DINNER 3:31 pm - 7:00 pm</u> hot roast beef sandwich mashed potatoes w/gravy cauliflower/broccoli	<u>DINNER 3:31 pm - 7:00 pm</u> honey dipped chicken au gratin potatoes corn o'brien	<u>DINNER 3:31 pm - 7:00 pm</u> grilled honey mustard chicken breast parsley potatoes asparagus	<u>DINNER 3:31 pm - 7:00 pm</u> beef stew w/biscuits buttered noodles green beans	<u>DINNER 3:31 pm - 7:00 pm</u> stuffed chicken breast w/sauce scalloped potatoes brussel sprouts	<u>DINNER 3:31-6:30pm</u> grilled pork loin brown rice succotash	
<u>Dinner DEMO BAR 4:30-6:30pm</u> Blackened Pork Chops	<u>Dinner DEMO BAR 5 - 6:30 pm</u> seafood scampi fettucini	<u>Dinner DEMO BAR 5 - 6:30 pm</u> teriyaki beef stir fry	<u>Dinner DEMO BAR 5 - 6:30 pm</u> pork cutlets in wine sauce	<u>Dinner DEMO BAR 5 - 6:30 pm</u> chicken tortellini alfredo	<u>Dinner DEMO BAR 5 - 6:30 pm</u> muy grande nacho bar	<u>Dinner DEMO BAR 4:30-6:30pm</u> TACO with Spanish rice & refried beans	
	<u>Healthy "U"</u> "U" balsamic turkey & peppers "U" brown rice "U" steamed veggies	<u>Healthy "U"</u> "U" cheesy tomato basil chicken breast "U" italian broccoli & tomatoes	<u>Healthy "U"</u> "U" burgundy beef veggie stew "U" asparagus "U" garlic mashed potatoes	<u>Healthy "U"</u> "U" italian chicken & peppers "U" roasted cajun potatoes "U" steamed veggies	<u>Healthy "U"</u> "U" parmesan baked fish "U" broccoli/cauliflower gratin "U" macaroni & cheese		