



Week #8	11/15/2009 Sunday	11/16/2009 Monday	11/17/2009 Tuesday	11/18/2009 Wednesday	11/19/2009 Thursday	11/20/2009 Friday	11/21/2009 Saturday
<u>BRUNCH 11am-2:30pm</u> scrambled eggs sausage gravy / biscuits tri-taters sausage links beef pot pie italian green beans	<u>BREAKFAST 7 am - 10:30 am</u> scrambled eggs sausage gravy / biscuits hashbrowns 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>BREAKFAST 7 am - 10:30 am</u> scrambled eggs sausage gravy / biscuits tater tots 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 home fries 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 hashbrowns kielbasa 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 sausage nuggets 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 DEMO BAR 11-2:30 pm</u> omelets 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 DEMO BAR 7 am - 10:00 am</u> french toast <u>Healthy "U"</u> "U" blueberry pancakes "U" fresh fruit cup "U" sugar free syrup Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	<u>Breakfast DEMO BAR 7 am - 10:00 am</u> pecan & vanilla pancakes <u>Healthy "U"</u> "U" chili scramble "U" fresh fruit cup "U" whole wheat toast Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	<u>Breakfast DEMO BAR 7 am - 10:00 am</u> omelets <u>Healthy "U"</u> "U" french toast sticks "U" sugar free syrup "U" fresh fruit cup Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	<u>Breakfast DEMO BAR 7 am - 10:00 am</u> blueberry pancakes <u>Healthy "U"</u> "U" scrambled egg whites "U" fresh fruit cup "U" cinnamon oat bran muffin Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	<u>Breakfast DEMO BAR 7 am - 10:00 am</u> french toast <u>Healthy "U"</u> "U" oatmeal bar Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI		
<u>~ Pizza/Pasta/Deli bars ~</u> <u>~11:00am-6:30pm Sun & Sat~</u>	<u>LUNCH 10:30 am - 2:00 pm</u> gyros potato wedges baby carrots	<u>LUNCH 10:30 am - 2:00 pm</u> chicken parmesean cheesy broccoli rice casserole sauteed squash	<u>LUNCH 10:30 am - 2:00 pm</u> hot sausage subs pierogies Peas	<u>LUNCH 10:30 am - 2:00 pm</u> ginger pork fried rice oriental veggies	<u>LUNCH 10:30 am - 2:00 pm</u> chicken fillet sandwich macaroni & cheese Glazed Carrots		
	<u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> Moroccan Shrimp <u>Healthy "U"</u> "U" jamaican curried chicken "U" brown rice "U" asparagus w/roasted red peppers Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	<u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> hot dog bar with a variety of toppings <u>Healthy "U"</u> "U" spicy chicken spaghetti "U" steamed veggies "U" multigrain bread Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	<u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> chicken broccoli stir fry <u>Healthy "U"</u> "U" bbq stir fry "U" brown rice "U" steamed veggies Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	<u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> sweet & sour shrimp saute <u>Healthy "U"</u> "U" mushroom & black bean burritos "U" garden salad "U" steamed veggies Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI	<u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> carved roast beef with toppings <u>Healthy "U"</u> "U" tortellini w/mushroom & tomatoes "U" garden salad "U" steamed veggies Café Closes at 2:00 pm Enjoy your Thanksgiving Break!		
<u>DINNER 3:31-6:30pm</u> chicken tenders onion rings broccoli	<u>DINNER 3:31 pm - 7:00 pm</u> beef pot roast brown rice midori blend veggies	<u>DINNER 3:31 pm - 7:00 pm</u> seafood creole cajun rice corn	<u>DINNER 3:31 pm - 7:00 pm</u> baked chicken au gratin potatoes italian blend	<u>DINNER 3:31 pm - 7:00 pm</u> salisbury steak w/gravy jalapeno poppers italian green beans			
<u>Dinner DEMO BAR 4:30-6:30pm</u> sauteed shrimp with jasmine rice	<u>Dinner DEMO BAR 5 - 6:30 pm</u> garlic chicken bowties pasta <u>Healthy "U"</u> "U" chicken breast, adobe style "U" Heavenly rice & spinach "U" steamed veggies	<u>Dinner DEMO BAR 5 - 6:30 pm</u> enormous baked potato bar with a variety of toppings <u>Healthy "U"</u> "U" mushroom pepper steak "U" noodles "U" steamed veggies	<u>Dinner DEMO BAR 5 - 6:30 pm</u> carved glazed ham w/ pineapple flambe <u>Healthy "U"</u> "U" S/S chicken "U" white bean salad	<u>Dinner DEMO BAR 5 - 6:30 pm</u> wild west buffalo chicken salad <u>Healthy "U"</u> "U" lemon basil shrimp pasta "U" brown rice "U" steamed veggies			