










Seasonal Menu Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								
	Look for Hemisflavors, our inherently healthy world cuisine recipes daily in the dining room!														
	Vegetarian Soup	Butternut Squash (D)	Vegetarian Gumbo (G,V)	Black Bean (V)	Tomato (V)	Vegetable Chili	Chefs Choice								
	Soup	Chili con Carne	Chicken Noodle (G)	Beef & Wild Rice	Sausage & Potato	Manhattan Clam (S)	Chefs Choice								
	Entrée	Chicken & Dumplings (G,D)	Braised Beef BBQ	Baked Chicken Chipotle (D,G)	Beef Burgundy	Fried Whitefish (G,D)	Chefs Choice								
	Vegetable	Peas & Carrots	Green Beans	Zucchini & Red Peppers	Roasted Yellow Squash	Stewed Tomatoes	Chefs Choice								
	Vegetable	Fresh Broccoli	Sauteed Corn O'Brien	Green & Red Cabbage	Mixed Vegetables	Sliced Carrots	Chefs Choice								
	Starch	Parmesan Potato Wedges (D)	3 Potato Hash	Brown Rice Pilaf	Egg Noodles (G)	Cheese Rice	Chefs Choice								
	Bravo		Smoothie Bar												
SPECIALTY BAR	Lunch	Pizza (G,D)	Pasta Bar (G,D)	Gyros	Sicilian Pizza (G,D)	Burrito Bar (G,D)	Chefs Choice								
BAKED CASSEROLE DU JOUR	Baked Casserole Lunch	Baked Ziti (G,D)	Baked Mushroom Casserole (G,D)	Stromboli (G,D)	Pasta Putanesca (G,D)	Whole Wheat Pasta (G,D)	Chefs Choice								
	Lunch Entrée (V)	Seitan Stir-Fry (V,G)	Tamale Corn Pie (V)	Caramelized Onion Tart (V,G)	Eggplant Napoleon (V)	Spicy Black Bean Cakes (V)	Chefs Choice								
	Available at the Grill daily: "Fresh-Never Frozen" Hamburgers and Cheeseburgers, Turkey Burgers, All Beef Hot Dogs, Grilled Cheese, and Garden Burgers														
	Cheese available: American, Provolone, Cheddar and Swiss														
	Lunch Special	Grilled Turkey & Swiss Wrap (G,D)	Pepperoni Pizza Burger (G,D)	Sloppy Joe	Grilled Cheese (G,D)	Buffalo Chicken Sandwich (G)	Chefs Choice	Chef's Choice							
Starch	Fresh Cut Fries	Tater Tots	Fresh Cut Fries	Curly Fries	Fresh Cut Fries	Chefs Choice	Chef's Choice								
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	<p>Items available in the Deli daily:</p> <p>Fresh Baked Amoroso Breads include, but not limited to - Whole Wheat, Six Grain, Sourdough, Marble Rye, Rye, Kaiser Rolls, etc.</p> <p>Meats - Baked Ham, Roasted Turkey, Roast Beef, Salami, Pepperoni or Bologna. Salads - Tuna, Chicken or Egg Salad and a rotation of other composed salads.</p> <p>Vegetable Toppings - Leaf Lettuce, Tomatoes, Red Onions, and Pickles. Cheese - American, Cheddar, Provolone and Swiss or Pepper Jack.</p> <p>Condiments available - Ketchup, Mustard, Mayonnaise, BBQ,</p>														
	Full Salad Bar featuring 28 toppings, 6 dressings, Cottage Cheese, 5 Fresh Fruits, Assorted Composed Grain Salads, and 3 Healthy Oils & Vinegars,														
	<p>6 Cold Cereals, 6 Juices, 2% Milk, Skim Milk, Chocolate Milk, and Soy Milk, Coffee, Decaf Coffee, Tea, Fountain Drinks, Filtered Water,</p> <p>Artisan Breads, White & Wheat, Rye, Fat-Free Wheat, 4 Varieties of Bagels, Peanut Butter, Cream Cheese, Butter and Jelly, Soft Serve Fat Free Yogurt, 6 Flavors of Hershey's Ice Cream, Sundae Toppings, Fresh Baked Cookies, Cakes Pies, and other Homemade Desserts.</p>														

ALLERGY INFORMATION: G=Gluten, D= Dairy, S=Shellfish, N=Nuts Please report all other allergies!!!

WEEK 2