



Seasonal Menu



Lunch and Dinner: September 4 - September 10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
DELI	Items available daily: Breads include, but not limited to - Flavored and Plain Wraps, Whole Wheat, White, Potato, Multi Grain, Rye, etc. Meats - Baked Ham, Roasted Turkey, Salami, Other. Salads - Tuna, Chicken or Egg and a rotation of other composed salads. Vegetable toppings - Lettuce, Tomato, Onion and Pickles. Cheese - American, Cheddar, Provolone and Swiss. Condiments - Mustard, Honey Mustard, Mayonnaise and a Variety of Condiments.							
MARKET FRESH	Full Salad Bar featuring 28 Toppings, Fresh Sliced Fruit, House Made Croutons and 5 different fresh seasonal Fruits.							
fresh STOCK	Soup	Beef and Bean Chili	Ham and Split Pea	Chicken Tortilla	Seafood Chowder	Beef and Cheddar Ale	Cream of Potato	Vegetable Pasta
	Soup	Chipotle Corn Chowder	Broccoli and Cheddar	Vegetable Noodle	Pasta e Fagioli	Vegetable Lentil	Cream of Wheat	Hot Oatmeal
SPOON AND FORK HOME KITCHEN Lunch	Entrée	Jerk Chicken with Pineapple Salsa	Smoky Texas BBQ Pork Sandwich on a Kaiser Roll	Cajun Fried Chicken	Garlic Butter Flank Steak	Buffalo Chicken Tenders	MTO Eggs and Omelets	MTO Eggs and Omelets
	crunch	Vegetable Burgers with Sauces and Sides	Eggplant Parmesan	Vegetable and Rice Burrito	Pasta with Feta and Pesto Cream Sauce	Penne with Roasted Red Pepper Cream Sauce	Baked French Toast with Vanilla Sauce	Apple Cinnamon Bread Pudding
	Vegetable	Fried Plantains	Honey Roasted Carrots	Green Peas	Sauteed Green Beans	Roasted Corn on the Cob	Pasta with Alfredo or Marinara Sauce	Macaroni and Cheese
	Vegetable	Curried Zucchini	Steamed Broccoli	Roasted Zucchini and Squash	Eggplant with Tomato and Basil	Green Beans with Red Onions	Sausage and Ham	Bacon and Sausage
	Starch	Spicy Tomato Rice	Steak Fries	Mashed Potatoes	Potatoes O'Brien	Spanish Rice	Breakfast Potatoes	Breakfast Potatoes
	MINI DISH	Tater Tots with Cheese Sauce, Scallions and Bacon	Sloppy Joe	Baked Cheese Ravioli	Italian Sausage with Onions and Peppers	Sweet and Sour Meatballs		
	SPOON AND FORK HOME KITCHEN Dinner	Entrée	Carved Top Round au Jus	Greek Stuffed Chicken with Rosemary Demi Glace	BYO Pasta	Sweet Thai Chili Baked Chicken	Fried Flounder with Tartar Sauce	Chicken Abruzzi
crunch	Tempeh Stir Fry with Brown Rice	Pasta with Roasted Pepper and Tarragon Cream Sauce	Alfredo, Clam and Marinara Sauces	Stir Fry Vegetables with Tofu	Vegan Lentil Sloppy Joe	Vegetable and Cheese Quesadilla	Pasta Primavera with Garlic and Oil	
Vegetable	Broccoli with Cheese	Maple Glaze Acorn Squash	Grilled Chicken	Sesame Broccoli	Roasted Cauliflower	Roasted Vegetables	Sauteed Spinach with Garlic	
Vegetable	Cauliflower	Asparagus with Carrots	Roasted Vegetables	Sweet and Sour Carrots	Parmesan Baked Tomatoes	Sauteed Garlic String Beans	Broccoli	
Starch	Twice Baked Potato	Herb Roasted Potatoes	Garlic Bread Sticks	Lo Mein Noodles with Julienne Carrots and Snow Peas	Old Bay French Fries	Wild Rice Pilaf	Mashed Sweet Potatoes	
Dinner Items available daily: Fresh Hamburgers and Cheeseburgers, Grilled Chicken, All Beef Hot Dogs, Grilled Cheese and Veggie Burgers								
BRAVISIMO!	Lunch	BYO Omelets	Fried Chicken Sandwich	Walking Tacos	Hawaiian Chicken Wrap	Mac and Cheese Bar		
	Dinner	Paella Station	Build the Ultimate Grilled Cheese	Pizza Party	Carving Station	Curry Station		
Chef's CORNER	Specials of the Week			Hump Day Hangout Presents Pasta and Pizza at Dinner	Soft Pretzel Bar at Lunch			
Wheatcraft's	Belgian Waffle Bar with two syrups and a variety of toppings, 4 Cold Cereals, 8 Juices, Chocolate 2%, Skim, and Soy Milk, Coffee, Decaf, Tea (regular and herbal), Hot Chocolate, Iced tea, 8 Soft Drinks, Bread (white, wheat, rye, potato, multi grain), English Muffins, Bagels, Peanut Butter, Cream Cheese, Whipped Butter, Margarine, Honey, Jelly and Preserves. Fresh-baked Muffins, Cinnamon Rolls and Croissants. An assortment of fresh-baked Cookies, Bars, Pies, Pastries, Custards, Puddings and a rotation of seasonal specialties.							

Did you know? We offer hand-cut French Fries.

