



# Seasonal Menu



## Lunch and Dinner: September 11 - September 17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>DELI</b>	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.							
<b>MARKET FRESH</b>	Full Salad Bar featuring 28 Toppings, Fresh Sliced Fruit, House Made Croutons and 5 different fresh seasonal Fruits.							
<b>fresh STOCK</b>	Soup	Vegetable	French Onion	Lentil	Tomato and Cabbage	Minestrone	Vegetable Lentil	Tomato Bisque
	Soup	Chicken Chili	Cajun Chicken Corn Chowder	Turkey Vegetable	Chicken Noodle	New England Clam Chowder	Hot Oatmeal	Cream of Wheat
<b>SPOON AND FORK HOME KITCHEN Lunch</b>	Entrée	Ginger Sesame Roasted Chicken	Baked Flounder with Lemon Thyme Butter Sauce	Fried Chicken Fingers	Mediterranean Chicken	Oriental Pepper Steak with Peppers and Onions	MTO Eggs and Omelets	MTO Eggs and Omelets
	<b>crunch!</b>	Thai Peanut Lo Mein with Snow Peas and Scallions	Pesto Pasta with Arugula, Tomatoes and Garlic	Macaroni and Cheese	Roasted Vegetable Grinder	Spicy Eggplant and Broccoli in a Ginger Sauce	French Toast/Pancakes	Sausage and Country Gravy with Biscuit
	Vegetable	Stir Fried Vegetables	Roasted Squash Pesto	Oven Roasted Carrots	Spaghetti Squash	Sesame String Beans	Pasta with Alfredo or Marinara Sauce	Penne Pasta with Clam or Rosa Sauce
	Vegetable	Squash with Tomatoes and Onions	Sauteed Green Beans with Garlic	Corn, Bacon and Scallions	Broccoli	Curried Vegetables	Ham and Sausage	Bacon and Sausage
	Starch	Brown Rice with Lentils and Caramelized Onions	Ranch Roasted Potatoes	Sour Cream, Chive and Cheddar Mashed Potatoes	Rice Pilaf	Coconut Rice	Breakfast Potatoes	Breakfast Potatoes
	<b>MINI DISH</b>	Pulled Chicken BBQ	Baked Ziti	Waffle Fries with Toppings	Buffalo Chicken Dip	Bratwurst		
	<b>crunch!</b>							
<b>SPOON AND FORK HOME KITCHEN Dinner</b>	Entrée	Panko Breaded Pork Chops	Carved Roast Beef au Poivre	Quesadilla Station Featuring...	Grilled Pork Cutlet Scappini	Chicken and Eggplant Basil Napoleon	Chicken Francaise	Caved BBQ Pork Spare Ribs
	<b>crunch!</b>	Ratatouille with Fried Tofu Squares	Grilled Polenta with Roasted Vegetables and Tomato Sauce	Shredded Chicken, Shredded Pork	Pasta Puttanesca	Spaghetti with Marinara or Meat Sauce	Pasta and Spinach with Roasted Red Pepper Sauce	Pasta Alfredo
	Vegetable	Peas and Onions	Sauteed Cabbage	Roasted Vegetables, Roasted Jalapenos, Grilled Scallions	Edamames	Moroccan Roasted Acorn Squash	Sauteed Cabbage	Baked Beans
	Vegetable	Steamed Carrots	Roasted Asparagus	Monterey Jack and Cheddar Cheese	Zucchini Sticks with Marinara	Honey Glazed Carrots	Squash with Tomatoes	Roasted Carrots
	Starch	Italian Roasted Red Bliss Potatoes	Baked Potato Bar	Tomato Cilantro Rice	Rice with Spinach and Tomatoes	Rosemary Roasted Potatoes	Rice Pilaf	Mashed Potatoes
	Dinner Items available daily: Fresh Hamburgers and Cheeseburgers, Grilled Chicken, All Beef Hot Dogs, Grilled Cheese and Veggie Burgers							
<b>BRAVISIMO!</b>	Lunch	Cubano Sandwich	Taco Tuesday	BYO Steak Sandwich	BBQ Brisket Sandwich	Fruit and Yogurt Bar		
	Dinner	Gnocchi Bar	Lo Mein Station	Nacho Bar	CCC Popcorn Chicken Bowl	Strombolis		
<b>Chef's CORNER</b>	Specials of the Week		Decorate Your Own Cupcakes at Dinner	Hump Day Hangout Presents MTO Quesadillas at Dinner	Celebrate September Birthdays			
<b>Wheatcraft's</b>	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 fresh sliced deli meats and cheese.

