

Menu for the Week of 10-16 to 10-20 2023

For **healthier** choices, see the **ORANGE** selections below.

DAY	BREAKFAST	LUNCH	ITEM
Monday	Southwestern Frittata 5.95	Soup of the Day <ul style="list-style-type: none"> Cheese Burger soup Garnished with Crumbled Bacon. Vegetarian- Squash and Apple Soup Topped with Crispy onions Entrée <ul style="list-style-type: none"> *Chicken Enchiladas, Served with Spanish rice and beans Vegetarian Panini with Roasted Summer Squash, Zucchini, Spinach, Fire Roasted Tomato, Mozzarella, and a Herb Mayo, on a Ciabatta Roll with Garlic Parmesan Fries 	Enchiladas:6.60 Rice: 1.60 Panini: 6.60 Fries: 3.25
Tuesday	Caramel Pear Baked French Toast served with warm Maple Syrup 5.95	Soup of the Day <ul style="list-style-type: none"> Cheese Burger soup topped Garnished with Crumbled Bacon. Vegetarian - Tuscan white bean Garnished with Fresh Herbs Entrée <ul style="list-style-type: none"> *Baked Haddock with Lemon, White Wine Sauce, Served with California Blend Vegetables and Rice Pilaf. Meat or Vegetable lasagna Served with Garlic Bread and Broccoli. 	Haddock: 7.50 Vegetables: 1.80 Rice: 1.60 Lasagna: 5.95 Bread: .80
Wednesday	Roasted Bell Peppers, onion, and Bacon, Pepper Jack Cheese, Wrap 6.25	Soup of the Day <ul style="list-style-type: none"> Hardy Fish Chowder topped with bacon Bits Vegetarian- Tuscan white bean Garnished with Fresh Herbs. Entrée <ul style="list-style-type: none"> * BBQ Pulled Pork sandwich, on a Brioche Roll Served with Dorries Baked Beans, Cole Slaw *Grilled Flank Steak topped with Sautéed Mushrooms and Bell Peppers, Served with Baked Potato and Green Beans. 	Pulled Pork: 6.60 Beans: 1.90 Cole Slaw: 1.90 Flank Steak: 7.50 Potato: 1.90 Green Beans: 1.80
Thursday	Apple Pie Parfait. 4.35	Soup of the Day <ul style="list-style-type: none"> Hardy Fish Chowder topped with bacon Bits Vegetarian- Root Vegetable Stew Entrée <ul style="list-style-type: none"> Slice of Pizza, Meat, Cheese, Vegetable. *Pork loin Stuffed with Winter Fruit, served with a Dark Pan Sauce, Julienne vegetables, and Cheddar cheese Mashed Potatoes 	Pizza: 3.50 Pork:5.95 Vegetables: 1.80 Potatoes: 1.60
Friday	*Classic eggs Benedict 2 Poached eggs, Canadian Bacon on an English muffin topped with Hollandaise sauce 6.50	Soup of the Day <ul style="list-style-type: none"> Chef's Choice Vegetarian- Root Vegetable Stew Entrée <ul style="list-style-type: none"> *2 Fish Tacos with Mango Cabbage Slaw and Lime Crema in a small Flour tortilla served with Spanish confetti rice *Sloppy Joe on a Kaiser roll served with Steak Fries. 	Tacos: 7.50 Rice: 1.60 Sloppy Joe: 6.60 Fries:3.25

Disclosure:

***Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness**

- Cafeteria Hours are: Monday through Friday **6:30 am to 7 pm**, closed for break from **3:30 pm to 4:00 pm**
- Saturday and Sunday **6:30 am to 2 pm**
- Breakfast will be served Monday - Friday from **6:30 AM - 10:00 AM**. The kitchen is closed between 10:00 AM and 11:00 AM, but the Cafeteria will remain open with a limited selection of food options.
- Lunch will be served from **11:00 AM to 2 PM**.
- Dinner will be served from **4:30 pm to 7pm**