Maryville College

# Week 5 Breakfast and Lunch Menu

Metz

| | Monday 15-Oct | Tuesday 16-Oct | Wednesday 17-Oct | Thursday 18-Oct | Friday 19-Oct | Saturday 20-Oct | Sunday 21-Oct |
|---|---|---|---|---|---|---|---|
| Day Breakers | V GF Scrambled Eggs<br>GF Crispy Bacon<br>Turkey Sausage Links<br>V Buttermilk Pancakes<br>Ve GF Potatoes O`Brien<br>V Grits<br>V Biscuit and Gravy<br>GF Eggs and Omelets to Order<br>V Belgian Waffle | Bacon, Egg and Cheese Slider<br>GF Turkey Bacon<br>V Waffle Sticks<br>Ve GF Hash Brown Patty<br>V Oatmeal<br>V Biscuit and Gravy<br>GF Eggs and Omelets to Order<br>V Belgian Waffle | V GF Scrambled Eggs<br>GF Polish Sausage<br>Turkey Sausage Patties<br>V Blueberry Pancakes<br>Ve Tater Tots<br>V Cheesy Grits<br>V Biscuit and Gravy<br>GF Eggs and Omelets to Order<br>V Belgian Waffle | Crispy Chicken Biscuit<br>Turkey Sausage<br>V French Toast Sticks<br>Ve GF Shredded Hash Browns<br>V Honey Oats<br>V Biscuit and Gravy<br>GF Eggs and Omelets to Order<br>GF Belgian Waffle | V GF Scrambled Eggs<br>Pork Sausage Links<br>GF Turkey Bacon<br>V Cinnamon Roll<br>Ve GF Home Fries<br>V Grits<br>V Biscuit and Gravy<br>GF Eggs and Omelets to Order<br>V Belgian Waffle | V GF Scrambled Eggs<br>GF Crispy Bacon<br>Turkey Sausage Patties<br>V Waffle Sticks<br>Ve Tater Tots<br>V Belgian Waffle | V GF Scrambled Eggs<br>Pork Sausage Links<br>GF Turkey Bacon<br>V French Toast Sticks<br>Ve Shredded Hash Browns<br>V Belgian Waffle |
| BRAVO! | Made to Order Omelets<br>Cheddar and Mozzarella Cheese<br>Ham, Bacon, Sausage<br>Peppers, Onions, Mushrooms<br>Tomatoes, Black Olives<br>Jalapeno Peppers, Spinach | Crispy Chicken Salad<br>Crispy Fried Tossed with<br>Sriracha Mayo<br>Over a Chopped Salad of Iceberg,<br>Carrots, Eggs,Cheddar<br>with Ranch Dressing | Tostada<br>Barbacoa, Refried Beans Cheddar Cheese, Tomatoes Shredded Lettuce, Sour Cream<br>Guacamole, Salsa | Gnocchi Skillet Bar<br>Basil Pesto, Garlic, White Wine Sauce Scallions, Spinach, Roasted Red Peppers, Oil, Dried Basil, Dried Oregano, Chopped Parsley | Philly Cheesesteak Pasta<br>Chicken, Beef<br>Diced Tomatoes, Parsley<br>Cheddar, Cheese sauce,<br>Roasted Red Peppers<br>Assorted Pasta | Made to Order Omelets<br>Cheddar and Mozzarella Cheese<br>Ham, Bacon, Sausage<br>Peppers, Onions, Mushrooms<br>Tomatoes, Black Olives<br>Jalapeno Peppers, Spinach | Made to Order Omelets<br>Cheddar and Mozzarella Cheese<br>Ham, Bacon, Sausage<br>Peppers, Onions, Mushrooms<br>Tomatoes, Black Olives<br>Jalapeno Peppers, Spinach |
| Market St. Deli | Chicken, Avocado and Goat Cheese | Turkey Bacon and Ranch | V Grilled Veggie | BBQ and Cheddar | Black and Blue Chicken Melt | Self Serve Deli | Self Serve Deli |
| Main Plate | Smothered Beef<br>Ve Veggie Lo Mein<br>V Twice Baked Potatoes<br>Ve GF Roasted Brussels Sprouts<br>Ve GF Steamed Seasoned Cauliflower | Bruschetta Grilled Chicken<br>V GF Vegetable Quinoa<br>V Bok Choy Stir Fried Rice<br>V GF Steamed Broccoli<br>Ve GF Prince Edward Vegetables | Shrimp and Sausage Gumbo<br>Ve GF Mediterranen Eggplant Casserole<br>Ve Roasted Red Skin Potatoes<br>V Fried Green Tomatoes<br>Ve GF Roasted Cauliflower | Smokey Mountain Hot Chicken Breast<br>V Vegetarian Tamale Pie<br>Ve GF Seasoned Pinto Beans<br>GF Country Style Green Beans<br>Ve GF Sauteed Kale w/ Garlic | Crispy Fried Catish with Remoulade<br>Ve Southwest Sweet Potato Chili<br>Ve Spanish Rice<br>Ve GF Sauteed Onion, Carrot, and Zucchini<br>Ve GF Mexican Street Corn Saute | GF Roasted Lemon Chicken Legs<br>V GF Roasted Portobella with Tomato, Parm., Artichoke &<br>Ve Basil Pesto Orzo<br>V GF Creamed Spinach | GF Slow Roasted Eye Round with Horseradish Cream<br>V GF Vegetable Frittata<br>Ve GF Roasted Fingerling Potatoes<br>Ve GF Roasted Corn & Bell Peppers |
| We Main Plate | GF Trout with Corn and Tomato Salsa | GF Slow Roasted Pork Loin with Lime Cilantro Sauce | GF Jerk Chicken | GF Carolina Pulled Pork BBQ | GF Carne Asada with Pepers and Onions | | |
| Villa Toscana | V Cheese Pizza<br>Pepperoni Pizza<br>V Veggie Pizza<br>Sausage and Pepper Pizza | Shrimp Pasta Bake<br>V Pasta With Tomato Cream Sauce<br>V Garlic Bread<br>V Cheesy Bread<br>V Cheese Pizza (1:30pm - 4:30pm)<br>Pepperoni Pizza (1:30pm - 4:30pm) | V Cheese Pizza<br>Pepperoni Pizza<br>V Veggie Pizza<br>Greek Flat Bread | Nacho Mac and Cheese<br>with Taco Beef<br>V Garlic Bread<br>V Cheesy Bread<br>V Cheese Pizza (1:30pm - 4:30pm)<br>Pepperoni Pizza (1:30pm - 4:30pm) | V Cheese Pizza<br>Pepperoni Pizza<br>V Veggie Pizza<br>White Pie | V Cheese Pizza<br>Pepperoni Pizza<br>Cinnamon Bread | V Cheese Pizza<br>Pepperoni Pizza<br>Cinnamon Bread |
| J. Clark's Grille | Hand Pattied All Beef Hamburger<br>V Grilled CheesE<br>Chicken Taquitos<br>Ve GF Crinkle Cut Fries | Grilled Marinated Chicken Breast<br>Beer Battered Fish<br>V Veggie Burger<br>Ve Straight Cut Battered Fries | Hand Pattied All Beef Hamburger<br>Corn Dog<br>Smoked Sausage and Crispy Fried Onions<br>Ve Onion Rings | Grilled Marinated Chicken Breast<br>V Grilled Cheese<br>Ve GF Vegetable Spring Roll<br>Ve GF Potato Wedges | Hand Pattied All Beef Hamburger<br>Chicken Fritter<br>Chicken Quesadilla<br>Ve GF Potato Chips | Grilled Marinated Chicken Breast<br>V Grilled Cheese<br>V English Muffin Sandwich<br>Ve Fries of the Day | Hand Pattied All Beef Hamburger<br>All Beef Hot Dog<br>Breakfast burrito<br>Ve Fries of the Day |
| Green Scene | V Ranch Broccoli Pasta Salad<br>Ve GF Texes Cavier (Black-eye Pea Salad)<br>V GF Veggie Dip | Ve GF Olive Corn Salad<br>V Macaroni Salad<br>V GF Veggie Dip | Ve Angel Hair Italiano Salad<br>Ve GF 3 Bean Salad<br>V GF Veggie Dip | Shrimp Pasta Salad<br>Ve Soba Noodle Salad<br>V GF Veggie Dip | Turkey Pasta Salad<br>Ve Tofu Salad<br>V GF Veggie Dip | V Ranch Broccoli Pasta Salad<br>Ve GF Texes Caviar (Black-eye Pea Salad)<br>V GF Veggie Dip | Ve GF Olive Corn Salad<br>V Macaroni Salad<br>V GF Veggie Dip |
| du Jour | GF Hot & Sour Chicken Soup<br>Ve GF Vegetable Quinoa Soup | V Cream of Onion Soup<br>Italian Wedding Soup | Ve Vegetable Barley Soup<br>V GF Squash & Apple Soup | V Cream of Tomato Soup<br>GF Southwestern Turkey Soup | Ve GF Hearty Vegetable Soup<br>GF Pacific Chowder | V Broccoli Cheese<br>V Cheesy Grits | V Broccoli Cheese<br>V Grits |

* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

GF Gluten Free
V Vegetarian
Ve Vegan