Week 3 Breakfast and Lunch Menu

	Monday 3-Sep	Tuesday 4-Sep	Wednesday 5-Sep	Thursday 6-Sep	Friday 7-Sep	Saturday 8-Sep	Sunday 9-Sep
Day Breakers	V GF Scrambled Eggs GF Crispy Bacon Turkey Sausage Links V Buttermilk Pancakes Ve GF Potatoes O`Brien V Grits V Biscuit and Gravy GF Eggs and Omelets to Order V Belgian Waffle	Crisy Chicken Biscuit Pork Sausage Patties V French Toast Ve GF Hash Brown Patty V Oatmeal V Biscuit and Gravy GF Eggs and Omelets to Order V Belgian Waffle	V GF Scrambled Eggs GF Crispy Bacon Turkey Sausage Patties V Blueberry Pancakes Ve Tater Tots V Cheesy Grits V Biscuit and Gravy GF Eggs and Omelets to Order V Belgian Waffle	Corned Beef Hash Wrap Turkey Sausage V French Toast Sticks Ve GF Shredded Hash Browns V Honey Oats V Biscuit and Gravy GF Eggs and Omelets to Order V Belgian Waffle	V GF Scrambled Eggs Pork Sausage Links GF Turkey Bacon V Banana Pancakes Ve GF Home Fries V Grits V Biscuit and Gravy GF Eggs and Omelets to Order V Belgian Waffle	V GF Scrambled Eggs GF Crispy Bacon Turkey Sausage Patties V Waffle Sticks Ve Tater Tots V Belgian Waffle	V GF Scrambled Eggs Pork Sausage Links GF Turkey Bacon V French Toast Sticks Ve GF Shredded Hash Browns V Belgian Waffle
BRAVO!	**Made to Order Omelets** Cheddar and Mozzarella Cheese Ham, Bacon, Sausage Peppers, Onions, Mushrooms Tomatoes, Black Olives Jalapeno Peppers, Spinach	**Frito Pie** Beef Chili, Veggie Chili Corn Chips, Cheddar Cheese Cheese, Sour Cream Black Olives, Scallions Jalapeno Peppers	**Philly Steak** Grilled Shaved Beef or Sliced Portabello Cheese Sauce, Marinara Sauce Sauteed Peppers & Onions and Coleslaw	**Spanish Paella** Shrimp, Sausage (chopped Soysage) Red Peppers, Stewed Tomatoes Garlic, Rosemary, Peas Paprika, Vegetable Stock Yellow Rice	**Beef Taco Salad** Seasoned Ground Beef, Black Beans Iceberg Lettuce, Salsa Tortilla Salad Shell, Tomato, Olives Cheddar Cheese Jalapeno-Cilantro Ranch	**Made to Order Omelets** Cheddar and Mozzarella Cheese Ham, Bacon, Sausage Peppers, Onions, Mushrooms Tomatoes, Black Olives Jalapeno Peppers, Spinach	**Made to Order Omelets** Cheddar and Mozzarella Cheese Ham, Bacon, Sausage Peppers, Onions, Mushrooms Tomatoes, Black Olives Jalapeno Peppers, Spinach
Market St. Deli	Jerk Chicken Sandwich	Spicy Italian	Roast Beef & Caramelized Onions with Horseraddish Sauce	Chimi Churi Chicken Wrap	BLT Sandwich	Self Serve Deli	Self Serve Deli
Main Plate	Turkey and Dressing Casserole Ve Summer Squash Cous Cous with Mint V GF Mashed Potatoes V GF Buttered Sweet Peas Ve GF Carrots, Squash & Green Beans	Meatball Subs Ve GF Roasted Rtatouille Ve GF Parsley Rice Ve GF Stir-Fried Kale and Broccoli Florets Ve GF Corn, Carrots and Cut Green Beens	GF Chicken, Broccoli and Rice Casserole V Buffalo Veggie Nuggets Ve GF Spanish Rice V GF Smothered Collard Greens and Cabbage Ve GF Herb Sautéed Squash	Open Face Roast Beef Sandwich Ve Veggie Lo mien Ve GF Creaole seasoned Potatoes Ve Stir Fry Vegetables Ve GF Steamed Parsley Baby Carrots	Catfish Nuggets and Remoulade V GF Spaghetti Squash with Parmesan and Marinara Ve GF Basmati Rice Ve GF Turnip Greens Ve GF Curried Cauliflower	Beef Bourguignonne V Baked Spaghetti Ve GF Mashed Yukon Gold Potatoes Ve GF Roasted Carrots	Hawaiin Chicken Thighs Tofu and Vegetable Stir Fry Ve GF Steamed White Rice Ve GF Steamed Broccoli
Live Well Main Plate	GF Braised Beef Tips with Red Wine & Mushrooms	GF Pollock Montreal	GF BBQ Beef Brisket	GF Baked Pit Ham	GF Tandore Chicken		
Villa Toscana	V Cheese Pizza Pepperoni Pizza V Veggie Pizza Cajun Chicken Pizza	Cheese Burger Pasta V Pasta Marinara V Garlic Bread V Cheesy Bread V Cheese Pizza (1:30pm - 4:30pm) Pepperoni Pizza (1:30pm - 4:30pm)	V Cheese Pizza Pepperoni Pizza V Veggie Pizza Sicillian Pizza	Blackened Chicken Alfredo V Pasta Alfredo V Garlic Bread V Cheesy Bread V Cheese Pizza (1:30pm - 4:30pm) Pepperoni Pizza (1:30pm - 4:30pm)	V Cheese Pizza Pepperoni Pizza V Veggie Pizza Chicken & Broccoli Flatbread	V Cheese Pizza Pepperoni Pizza Breakfast Pizza	V Cheese Pizza Pepperoni Pizza Breakfast Pizza
J. Clark's Grille	Hand Pattied All Beef Hamburger Fried Chicken Fritter Grilled Bologna Sandwich Ve GF Potato Wedges	Grilled Marinated Chicken Breast V Grilled Cheese Shredded Pork Taquitos Ve GF Tortilla Chips	Hand Pattied All Beef Hamburger All-Beef Hot Dog Chicken Biscuit Ve Tator Tots	Grilled Marinated Chicken Breast Grilled Cheese Shaved Ham and Cheese Slider Ve GF Potato Chips	Hand Pattied All Beef Hamburger Corn Dogs V Vegetarian Reubrn Ve Straight Cut Battered Fries	Grilled Marinated Chicken Breast All-Beef Hot Dog Friso Sandwich Ve Fries of the Day	Hand Pattied All Beef Hamburger Fried Chicken Fritter Breakfast Quesadilla Ve Fries of the Day
Green Scene	V GF Potato Salad V GF Texes Cavier (Black-eye Pea Salad) V GF Veggie Dip	V Orzo with Spinach and Feta Cheese V Macaroni Salad V GF Veggie Dip	Bacon Ranch Pasta Salad Ve GF 3 Bean Salad V GF Veggie Dip	3 Meat Pasta Salad Ve Soba Noodle Salad V GF Veggie Dip	Taco Pasta Salad Ve Tofu Salad V GF Veggie Dip	V GF Potato Salad V GF Texes Cavier (Black-eye Pea Salad) V GF Veggie Dip	V Orzo with Spinach and Feta Cheese V Macaroni Salad V GF Veggie Dip
du Jour	Ve GF Vegetable Rice Soup Chicken Corn Chowder	Ve GF Italian Bean Soup Bacon and Baked Potato Soup	Ve Minestrone Soup Cheddar Chicken Soup	V Cream of Tomato Soup Steak and Mushroom Soup	Ve GF Vegan Black Bean Soup Fish Chowder	V Veggie Chili V Cheesy Grits	V Veggie Chili 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