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 EAT WELL  VEGETARIAN  VEGAN

SUN	BRUNCH	Omelets to Order		Maple and cinnamon glazed Ham	
		Scrambled Eggs		Fresh NY Bagels, Pastries, Danishes	 
		Homemade French Toast			
		Home fries			 
DINNER	DINNER ENTREE	Chicken Marsala		Buttered Egg Noodles	
	ON THE SIDE	Sautéed Spinach with Fresh Garlic			 
	VEGETARIAN OPTION	Tofu Marsala	 		
MON	BREAKFAST	Chocolate Chip Pancakes		Bacon	
	BREAKFAST SIDES	Scrambled Eggs		Shredded Hash Brown Potatoes	
	LUNCH ENTRÉE	Mac and Cheese Bar		Buffalo Chicken	
	ON THE SIDE	English Green Peas		Bacon Bits	
DINNER	VEGETARIAN OPTION	Vegan Mac and Cheese			 
	DINNER ENTREE	Hand Breaded Herbed Pork Cutlet		Scalloped Potatoes	
	ON THE SIDE	Lemon Olive Oil Roasted Green Beans	 	Pasta , Marinara , Pesto Sauce	 
TUES	VEGETARIAN OPTION	Hand Breaded Braised Tempeh			
	BREAKFAST	Scrambled Eggs		Sausage Links	
	BREAKFAST SIDES	French Toast		Smoothie Bar	 
	LUNCH ENTRÉE	Philly Cheese Steak Grinders with Provolone, Peppers and Onions			
	ON THE SIDE	Curly Fries	 	Steamed Carrots	 
DINNER	VEGETARIAN OPTION	Wild Mushroom Philly Grinder with Vegan Cheddar, Peppers and Onions			 
	DINNER ENTREE	Nacho Bar with Fresh Made Tortilla Chips		Garlic Chili Pulled Pork	 
	ON THE SIDE	Guacamole, Sour Cream, Salsa and Cheese Sauce	 	Yellow Rice	 
WED	VEGETARIAN OPTION	Beyond Vegan Taco Meat	 		
	BREAKFAST	Scrambled Eggs		Bacon	
	BREAKFAST SIDES	Fried Country Dices Potatoes		Avocado Toast Day	 
	LUNCH ENTRÉE	Soup In Bread Bowl Day		Classic Beef Chili	
	ON THE SIDE	Clam Chowder		Honey Roasted Carrots	 
DINNER	VEGETARIAN OPTION	Vegan Corn Chowder			 
	DINNER ENTREE	Stromboli Night with choice of		Meat Lovers	
	ON THE SIDE	Classic Three Cheese		Garlic Roasted Broccoli	 
THURS	VEGETARIAN OPTION	Vegan Spinach, White Bean and Vegan Mozzarella			 
	BREAKFAST	Scrambled Eggs		Turkey Sausage Links	
	BREAKFAST SIDES	Cookies and Cream Pancakes		Smoothie Day	 
	LUNCH ENTRÉE	KFC Bowls		Mashed Yukon Gold Potatoes	
	ON THE SIDE	Steamed Corn	 	Crispy Chicken	
DINNER	VEGETARIAN OPTION	Vegan Chicken Tenders	 		
	DINNER ENTREE	Bang Bang Shrimp		Fried rice	
	ON THE SIDE	Stir fried Vegetables	 	Vegetable Egg Rolls	 
FRI	VEGETARIAN OPTION	Bang Bang Tofu Bites	 		
	BREAKFAST	Scrambled Eggs With Cheese		Grilled Ham Steaks	
	BREAKFAST SIDES	Tater Tots		Fresh Seasonal Fruit and Yogurt Bar	 
	LUNCH ENTRÉE	Grilled Chicken Sandwiches on Pretzel Buns			
	ON THE SIDE	Roasted Duo of Broccoli and Cauliflower	 	Waffle fries	
DINNER	VEGETARIAN OPTION	Vegan Chicken Sandwiches On Pretzel Bun	 		
	DINNER ENTREE	BBQ Pulled Pork		Tater Tot Bar with Choice of	
	ON THE SIDE	Roasted Broccoli	 	Cheese Sauce , Bacon, Scallions	
SAT	VEGETARIAN OPTION	BBQ Pulled Tempeh	 		
	BRUNCH	Make your Own Waffle Day		Maple Cinnamon Glazed Ham	
	BREAKFAST SIDES	Scrambled Eggs		Fresh NY Bagels, Pastries, Danishes	 
		Home Fries			

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DINNER	DINNER ENTREE	Beef Stroganoff		Buttered Egg Noodles	
	ON THE SIDE	Roasted Winter Squash	 	Pasta and Sauce	 
	VEGETARIAN OPTION	Vegan Mushroom Stroganoff	 