<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
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<tbody>
<tr>
<td>Monday 09/09</td>
<td>Fresh Fruit , Yogurt &amp; Granola Bar</td>
<td>Soup Du Jour</td>
</tr>
<tr>
<td></td>
<td>Oatmeal</td>
<td>Olive Pasta Salad</td>
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<tr>
<td></td>
<td>Eggs To Order</td>
<td>Egg Salad</td>
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<tr>
<td></td>
<td>French Toast</td>
<td>Pear &amp; Blue Cheese Salad</td>
</tr>
<tr>
<td></td>
<td>Local Ham Steaks</td>
<td>Spicy Chili Tofu Wraps</td>
</tr>
<tr>
<td></td>
<td>Vegan Tofu Scramble</td>
<td>Feature</td>
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<tr>
<td></td>
<td>Home Fries</td>
<td>Deli</td>
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<tr>
<td></td>
<td>House Baked Muffins</td>
<td>Classic Entrée</td>
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<tr>
<td>Tuesday 09/10</td>
<td>Fresh Fruit , Yogurt &amp; Granola Bar</td>
<td>Tofu Wraps</td>
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<td>Farmer's Market Vegetable</td>
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<tr>
<td></td>
<td>Vegan Tofu Scramble</td>
<td>Grilled Garlic Breadsticks</td>
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<td>Hash Browns</td>
<td>Rocky Road Brownies</td>
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<td>Wednesday 09/11</td>
<td>Fresh Fruit , Yogurt &amp; Granola Bar</td>
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<td>Oatmeal</td>
<td>Marinated Cucumbers &amp; Tomatoes</td>
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<td>Local Sausage Gravy &amp; Biscuits</td>
<td>Blt Chopped Salad</td>
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<td>Local Bacon</td>
<td>Honey Sriracha Grilled Tofu</td>
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<td>Vegan Tofu Scramble</td>
<td>Top Your Own Caesar Salad</td>
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<tr>
<td></td>
<td>Hash Browns</td>
<td>Sliced Grilled Marinated Chicken</td>
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<td>House Baked Coffee Cake</td>
<td>Blackened Shrimp</td>
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<tr>
<td>Thursday 09/12</td>
<td>Fresh Fruit , Yogurt &amp; Granola Bar</td>
<td>Grilled Cheddar Burgers</td>
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<tr>
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<td>Oatmeal</td>
<td>Turkey Burgers</td>
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<td>Local Sausage Patties</td>
<td>Sautéed Broccoli With Pecans</td>
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<td>Local Bacon</td>
<td>Farmer's Market Vegetable</td>
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<tr>
<td></td>
<td>Vegan Tofu Scramble</td>
<td>Green Bean Casserole</td>
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<tr>
<td></td>
<td>Hash Brown Casserole</td>
<td>Key Lime Bars</td>
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<tr>
<td>Friday 09/13</td>
<td>Fresh Fruit , Yogurt &amp; Granola Bar</td>
<td>Grilled Cheddar Burgers</td>
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<td>Turkey Burgers</td>
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<td>Eggs To Order</td>
<td>French Fries</td>
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<td>Local Sausage Gravy &amp; Biscuits</td>
<td>Sautéed Broccoli With Pecans</td>
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<td>Local Bacon</td>
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<td>Vegan Tofu Scramble</td>
<td>Green Bean Casserole</td>
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<td>Hash Brown Casserole</td>
<td>Chocolate Chunk Cookies</td>
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<tr>
<td>Saturday 09/14</td>
<td>Fresh Fruit , Yogurt &amp; Granola Bar</td>
<td>Soup Du Jour</td>
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<td></td>
<td>Oatmeal</td>
<td>Cranberry Carrot Salad</td>
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<td>Alice Waters Lentil Salad</td>
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<td>Local Sausage Patties</td>
<td>Chef's Salad</td>
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<td>Local Bacon</td>
<td>Grilled Portabella Baguette</td>
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<td>Hash Brown Casserole</td>
<td>Panini Of The Day</td>
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<tr>
<td>Sunday 09/15</td>
<td>Fresh Fruit , Yogurt &amp; Granola Bar</td>
<td>Roasted Beef Salad</td>
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<td>Oatmeal</td>
<td>Chicken Salad</td>
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<td>Orange Romaine Salad</td>
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<td>Local Sausage Patties</td>
<td>Spicy Boca &amp; Bean Chili</td>
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<td>Local Bacon</td>
<td>Nacho Bar</td>
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<td>Panini Of The Day</td>
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<td>Hash Brown Casserole</td>
<td>Roasted Turkey Avocado Baguette</td>
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<td>House Baked Danish</td>
<td>Herb &amp; Garlic Marinated Chicken Legs</td>
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<td>Herb Roasted Sweet Potato Wedges</td>
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<tr>
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<td>Sautéed Haricot Verts With Lemon</td>
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<td>Green Bean Casserole</td>
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<td>Chocolate Chunk Cookies</td>
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<td>Sopaipillas</td>
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</table>

**Breakfast Potatoes**
- Fresh Fruit , Yogurt & Granola Bar
- Oatmeal
- Eggs To Order
- French Toast
- Local Ham Steak
- Vegan Tofu Scramble
- Home Fries
- House Baked Muffins

**Soup**
- Soup Du Jour
- Olive Pasta Salad
- Egg Salad
- Pear & Blue Cheese Salad
- Spicy Chili Tofu Wraps
- Asian Lettuce Wrap Bar

**Salad**
- Soup Du Jour
- Marinated Cucumbers & Tomatoes
- Turkey Waldorf Salad
- Blt Chopped Salad
- Honey Sriracha Grilled Tofu
- Top Your Own Caesar Salad

**Vegan**
- Sliced Grilled Marinated Chicken
- Blackened Shrimp
- Cheese Tortellini With Trio Of Pesto
- Roasted Fresh Vegetables
- Farmer's Market Vegetable
- Warm Garlic Breadsticks
- Rocky Road Brownies

**Entrée**
- Grilled Cheddar Burgers
- Turkey Burgers
- French Fries
- Sautéed Broccoli With Pecans
- Farmer's Market Vegetable
- Brown Sugar & Bacon Baked Beans
- Key Lime Bars

**Soup with WOW**
- Asian Lettuce Wrap Bar
- Soup Du Jour
- Marinated Cucumbers & Tomatoes
- Turkey Waldorf Salad
- Blt Chopped Salad
- Honey Sriracha Grilled Tofu
- Top Your Own Caesar Salad

**Lowfat**
- Oatmeal
- Eggs To Order
- French Toast
- Local Ham Steak
- Vegan Tofu Scramble
- Home Fries
- House Baked Muffins

**Vegetarian**
- Sliced Grilled Marinated Chicken
- Blackened Shrimp
- Cheese Tortellini With Trio Of Pesto
- Roasted Fresh Vegetables
- Farmer's Market Vegetable
- Warm Garlic Breadsticks
- Rocky Road Brownies

**Feature**
- Grilled Cheddar Burgers
- Turkey Burgers
- French Fries
- Sautéed Broccoli With Pecans
- Farmer's Market Vegetable
- Brown Sugar & Bacon Baked Beans
- Key Lime Bars

**Soup with WOW**
- Asian Lettuce Wrap Bar
- Soup Du Jour
- Marinated Cucumbers & Tomatoes
- Turkey Waldorf Salad
- Blt Chopped Salad
- Honey Sriracha Grilled Tofu
- Top Your Own Caesar Salad

**Lowfat**
- Oatmeal
- Eggs To Order
- French Toast
- Local Ham Steak
- Vegan Tofu Scramble
- Home Fries
- House Baked Muffins

**Vegetarian**
- Sliced Grilled Marinated Chicken
- Blackened Shrimp
- Cheese Tortellini With Trio Of Pesto
- Roasted Fresh Vegetables
- Farmer's Market Vegetable
- Warm Garlic Breadsticks
- Rocky Road Brownies

**Healthy Choice**
- Grilled Cheddar Burgers
- Turkey Burgers
- French Fries
- Sautéed Broccoli With Pecans
- Farmer's Market Vegetable
- Brown Sugar & Bacon Baked Beans
- Key Lime Bars

**Soup with WOW**
- Asian Lettuce Wrap Bar
- Soup Du Jour
- Marinated Cucumbers & Tomatoes
- Turkey Waldorf Salad
- Blt Chopped Salad
- Honey Sriracha Grilled Tofu
- Top Your Own Caesar Salad

**Lowfat**
- Oatmeal
- Eggs To Order
- French Toast
- Local Ham Steak
- Vegan Tofu Scramble
- Home Fries
- House Baked Muffins

**Vegetarian**
- Sliced Grilled Marinated Chicken
- Blackened Shrimp
- Cheese Tortellini With Trio Of Pesto
- Roasted Fresh Vegetables
- Farmer's Market Vegetable
- Warm Garlic Breadsticks
- Rocky Road Brownies

**Feature**
- Grilled Cheddar Burgers
- Turkey Burgers
- French Fries
- Sautéed Broccoli With Pecans
- Farmer's Market Vegetable
- Brown Sugar & Bacon Baked Beans
- Key Lime Bars

**Soup with WOW**
- Asian Lettuce Wrap Bar
- Soup Du Jour
- Marinated Cucumbers & Tomatoes
- Turkey Waldorf Salad
- Blt Chopped Salad
- Honey Sriracha Grilled Tofu
- Top Your Own Caesar Salad

**Lowfat**
- Oatmeal
- Eggs To Order
- French Toast
- Local Ham Steak
- Vegan Tofu Scramble
- Home Fries
- House Baked Muffins

**Vegetarian**
- Sliced Grilled Marinated Chicken
- Blackened Shrimp
- Cheese Tortellini With Trio Of Pesto
- Roasted Fresh Vegetables
- Farmer's Market Vegetable
- Warm Garlic Breadsticks
- Rocky Road Brownies

**Feature**
- Grilled Cheddar Burgers
- Turkey Burgers
- French Fries
- Sautéed Broccoli With Pecans
- Farmer's Market Vegetable
- Brown Sugar & Bacon Baked Beans
- Key Lime Bars

**Soup with WOW**
- Asian Lettuce Wrap Bar
- Soup Du Jour
- Marinated Cucumbers & Tomatoes
- Turkey Waldorf Salad
- Blt Chopped Salad
- Honey Sriracha Grilled Tofu
- Top Your Own Caesar Salad

**Lowfat**
- Oatmeal
- Eggs To Order
- French Toast
- Local Ham Steak
- Vegan Tofu Scramble
- Home Fries
- House Baked Muffins

**Vegetarian**
- Sliced Grilled Marinated Chicken
- Blackened Shrimp
- Cheese Tortellini With Trio Of Pesto
- Roasted Fresh Vegetables
- Farmer's Market Vegetable
- Warm Garlic Breadsticks
- Rocky Road Brownies
### Dinner Menu

<table>
<thead>
<tr>
<th>Monday 09/09</th>
<th>Tuesday 09/10</th>
<th>Wednesday 09/11</th>
<th>Thursday 09/12</th>
<th>Friday 09/13</th>
<th>Saturday 09/14</th>
<th>Sunday 09/15</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Soup</strong></td>
<td>Soup Du Jour</td>
<td>Soup Du Jour</td>
<td>Soup Du Jour</td>
<td>Soup Du Jour</td>
<td>Soup Du Jour</td>
<td>Soup Du Jour</td>
</tr>
<tr>
<td><strong>Salad</strong></td>
<td>Olive Pasta Salad</td>
<td>Marinated Cucumbers &amp; Tomatoes</td>
<td>Turkey Salad</td>
<td>Seafood Salad</td>
<td>Greens, Tomatoes, Goat Cheese &amp; Dijon Vinaigrette</td>
<td>Chef's Salad Bowl</td>
</tr>
<tr>
<td><strong>Vegan</strong></td>
<td>Egg Salad</td>
<td>Bt Chopped Salad</td>
<td>Grilled Eggplant Steak With Carrot Ginger Puree</td>
<td>Myc Sundae Bar</td>
<td>African Vegan Meatball Stew</td>
<td>Crispy Basil Crusted Tofu</td>
</tr>
<tr>
<td><strong>Feature</strong></td>
<td>Grape Feta Salad</td>
<td>Fried Chicken</td>
<td>Fisherman’s Platter</td>
<td>Slow Cooked Bbq Brisket</td>
<td>Grilled Salmon Cakes</td>
<td>Fisherman’s Platter</td>
</tr>
<tr>
<td><strong>Classic Entrée</strong></td>
<td>Pie Bar À La Mode</td>
<td>Herb Baked Chicken</td>
<td>Fisherman’s Platter</td>
<td>Locally Milled Cheese Grits</td>
<td>Sautéed Baby Tomatoes</td>
<td>Fisherman’s Platter</td>
</tr>
<tr>
<td><strong>Healthier Choice</strong></td>
<td>Honey Mustard Glazed Local Ham</td>
<td>Mashed Potato Bar</td>
<td>Fisherman’s Platter</td>
<td>Sautéed Fresh Brussels Sprouts</td>
<td>Sautéed Fresh Brussels Sprouts</td>
<td>Fisherman’s Platter</td>
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<tr>
<td><strong>Sides</strong></td>
<td>Steamed Green Beans</td>
<td>Squash Casserole</td>
<td>Chicken Cheese Steak</td>
<td>Baked Whole Chicken</td>
<td>Farmer’s Market Vegetable</td>
<td>Greek Sampler Bar</td>
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<tr>
<td><strong>Bread</strong></td>
<td>Farmer’s Market Vegetable</td>
<td>Farmer’s Market Vegetable</td>
<td>Steak Fries</td>
<td>Steak Fries</td>
<td>Roasted Fresh Green Beans</td>
<td>Roasted Fresh Green Beans</td>
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<tr>
<td><strong>Dessert</strong></td>
<td>Mashed Cauliflower</td>
<td>Escaloped Apples</td>
<td>Tater Tots</td>
<td>Tater Tots</td>
<td>Farmer’s Market Vegetable</td>
<td>Farmer’s Market Vegetable</td>
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</tbody>
</table>
| Salad bar and fresh fruit always available for lunch/brunch/dinner

- **Healthier Option:** for Entrees (< 350 cal, < 5 g saturated fat); for Soup, Salad, Sides (< 250 cal, < 5 g saturated fat); for Baked Goods (< 230 cal, < 5 g fat)
- **Lowfat:** (< 3 g fat)
- **Vegetarian**

Last updated on: Sunday 09/08/2019 at 04:54 PM EDT