










	Monday 14-Jan	Tuesday 15-Jan	Wednesday 16-Jan	Thursday 17-Jan	Friday 18-Jan	Saturday 19-Jan	Sunday 20-Jan
	Spinach & Egg Casserole (V) (GF) Turkey Sausage Patty (V) Pork Bacon (V) Butter Milk Pancake (V) Hash Brown (V) Hard Boiled Eggs (V) Oatmeal/Grits (V) Omelets to Order (GF) Belgian Waffle Bar with Fruit Toppings (V) (GF)	Scrambled Eggs (V) (GF) Corn Beef Hash (V) Pork Sausage Patty (V) Caramel French Toast (V) Hash Brown Patty (V) Hard Boiled Eggs (V) Oatmeal/Grits (V) Omelets to Order (GF) Belgian Waffle Bar with Fruit Toppings (V) (GF)	Ham & Cheddar Casserole (V) Chicken Bacon (V) Turkey Sausage Patties (V) Pancakes (V) Home Fries (V) Hard Boiled Eggs (V) Oatmeal/Grits (V) Omelets to Order (GF) Belgian Waffle Bar with Fruit Toppings (V) (GF)	Scrambled Eggs (V) (GF) Pork Bacon (V) Corned Beef Hash (V) Peach Croissant Casserole (V) Tater Tots (V) Hard Boiled Eggs (V) Oatmeal/Grits (V) Omelets to Order (GF) Belgian Waffle Bar with Fruit Toppings (V) (GF)	Scrambled Eggs (V) (GF) Turkey Links (V) Pork Sausage Patty (V) Strawberry Pancakes (V) Home Fries (V) Hard Boiled Eggs (V) Oatmeal/Grits (V) Omelets to Order (GF) Belgian Waffle Bar with Fruit Toppings (V) (GF)	Scrambled Eggs (V) (GF) Pork Bacon (V) Turkey Sausage Patty (V) Biscuits (V) Hash Brown (V) Hard Boiled Eggs (V) Oatmeal/Grits (V) Belgian Waffle Bar with Fruit Toppings (V) (GF)	Scrambled Eggs (V) (GF) Pork Bacon (V) Corn Beef Hash (V) Biscuits (V) Tater Tots (V) Hard Boiled Eggs (V) Oatmeal/Grits (V) Belgian Waffle Bar with Fruit Toppings (V) (GF)
	Greek Pasta (V) Diced Pork Or Tofu (V) Sliced Pepper & Onion Black Olives, Artichoke	Romeo Pasta (V) Sliced Chicken Or Tofu (V) Sliced Pepper & Onions Sliced Mushroom, Spinach	Fried Chicken (V) Braised Collard Greens (V) Black eye Peas (V) Macaroni and Cheese (V) Garlic Bourbon Chicken	Seafood Nachos (V) Shrimp & Crab Cheese Sauce Green Onion, Sour Cream Avocado Sauce Salsa	Bowl (GF) Sliced Beef Or Tofu (V) Sliced Pepper, Cabbage Green Onions, Broccoli Brown Rice, Mushroom		
	Ultimate Sub	Create Your Own Wrap (GF)	Chicken Salad on Ciabatta	Mediterranean Veggie Wrap (V) (GF)	Toasted Ham Cheese		
	Bruschetta Stuffed Chicken (V) Baked Potato Casserole (V) Roasted Corn (V) Steam Cabbage (V)	Spanish Seafood Stew (V) Yellow Rice (V) Roasted Asparagus (V) Yellow Chips W Paprika (V) Smoked	Fried Chicken (V) Braised Collard Greens (V) Black eye Peas (V) Macaroni and Cheese (V) Corn Bread Garlic Bourbon Chicken	Beef Enchiladas (V) Herb Grilled Potato (V) Carrots & Parsnips (V) Corn Casserole (V)	Fried Fish (V) Baby Carrots (V) Braised Cabbage (V) Red Beans and Rice (V) Cheese Grits/ Hush Puppies (V) Grilled Scampi Fish	Herb Crust Grilled Chicken (V) Parmesan Potato Wedge (V) Yellow Squash (V)	Jerk Fried Pork Chops (V) Roasted Veggie (V) Mashed Cauliflower (V)
	Caribbean Curried Bean (V)	Vegan Stew (V)	Vegan Corn Stew (V)	Veggie Enchiladas (V)	Zucchini & Risotto (V)	Egg Plant Pram (V)	Balsamic Tomato Couscous (V)
	Italian Flag Pizza (V) Cheese Pizza (V) Pepperoni Pizza (V) Vegan Cheese & Gluten Free Crust Available upon Request (V) (GF)	Cheese Calzone (V) Cheese Pizza (V) Pepperoni Pizza (V) Spicy Sausage Pasta (V) Vegan Cheese & Gluten Free Crust Available upon Request (V) (GF)	Tomato Baguette Pizza (V) Cheese Pizza (V) Pepperoni Pizza (V) Vegan Cheese & Gluten Free Crust Available upon Request (V) (GF)	Loaded Pizza Roll (V) Cheese Pizza (V) Pepperoni Pizza (V) Spinach & Mushroom Pasta (V) Vegan Cheese & Gluten Free Crust Available upon Request (V) (GF)	Buffalo Chicken Pizza (V) Cheese Pizza (V) Pepperoni Pizza (V) Vegan Cheese & Gluten Free Crust Available upon Request (V) (GF)	Bacon Cheese Sticks (V) Cheese Pizza (V) Pepperoni Pizza (V) Vegan Cheese & Gluten Free Crust Available upon Request (V) (GF)	Meat Lover (V) Cheese Pizza (V) Pepperoni Pizza (V) Vegan Cheese & Gluten Free Crust Available upon Request (V) (GF)
	Turkey Burgers (V) Pull Pork Taco (V) Spinach Potato (V)	Grilled Cheese (V) Chipotle Burger (V) Zesty Fries (V)	Veggie Burger (V) Creole Catfish (V) Cajun Rice (V)	Black Bean Burger (V) Maple Glazed Chicken Tender (V) Cheesy Fries (V)	Veggie Quesadilla (V) (GF) Shrimp Fajitas (V) Wedge Potato (V) (GF)	Grilled Cheese (V) Breakfast Skillet (V) French Fries (V)	Veggie Burger (V) Breakfast Burritos (V) Tater Tots (V)
	Pasta Salad w Spinach (V) Artichoke Salad (V)	Kale Salad (V) (GF) Macaroni Salad (V)	Red Potato Salad (V) (GF) Teriyaki Shrimp Salad (V)	Tofu Rice Salad (V) Broccoli Salad (V) (GF)	Chef Salad (V) Cole Slaw (V)	Roasted Corn Salad (V) (GF) Tuna Salad (V)	Hawaiian Cole Slaw (V) Greek Salad (V)
	Cream of Broccoli (V) (GF) Hearty Vegetable Soup (V) (GF)	Spicy Chicken Soup (V) Garden Minestrone (V)	Vegetarian Moroccan Stew (V) (GF) Red Bean Chowder (V) (GF)	Tomato Soup w Avocado (V) (GF) Tuscan Vegetable Soup (V)	Quinoa Vegetable Soup (V) Loaded Baked Potato (V)	Grits (V) (GF) Oatmeal (V)	Grits (V) (GF) Oatmeal (V)

* 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.

- (V) Denotes Vegetarian Item
- (V) Denotes Vegan Item
- (GF) Denotes Gluten-Free Item