

Week 3	Café selling price	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10/17/22	10/18/22	10/19/22	10/20/22	10/21/22	10/22/22	10/23/22
Breakfast Special		Sausage & Egg Sandwich	Denver Scramble	Loaded Avocado Toast	Biscuits & Gravy	Blueberry Pancakes	No Special	No Special
Soup		Asian chicken & Veggie.	Taco Soup	Cheeseburger soup	Italian Chicken Rosemary & Barley	Clam Chowder	Chef Choice	Chef Choice
Entrée lunch*		The Cuban	Beef & Bean Tostada	Chicken Shawarma Plate	Toasted Pecan, grape and Monterey Jack Salad	Pot sticker plate	Spaghetti & Meatballs	Lemon Butter Baked Cod
Serving size								
Starch			Mexican Rice	Turmeric rice	Focaccia Toast	Steamed white rice	Garlic bread	Wild Rice pilaf
Serving size								
Vegetable		Green salad		Fresh Vegetable salad		Mixed stir-fry vegetables	Green Salad	Green Beans
Serving size								
Dinner		Chicken Salad Pita Pocket	Salmon Burger with Chips	White Chicken Chili	Ham & Swiss Croissant	BBq chicken wrap	3 Cheese Grilled Cheese	Chicken Verde Burritos
Serving size								
Lunch Description*		Thin sliced pork tenderloin, ham and swiss on a crusty baguette.	Savory beef and beans over a crisp tostada shell with pico slaw and cotija cheese.	Chicken Shawarma with flat bread, rice, fresh vegetable salad and savory yogurt sauce.	Mixed greens with Jack cheese, grapes, toasted pecans and a red wine vinaigrette. With roasted chicken.	Chicken & Vegetable pot stickers seasoned and seared. Served with steamed rice and veggies.	Meatballs cooked in homestyle marianara served over spaghetti noodles.	White fish baked in a delicious lemon butter.