## Menu

### Day 1

**Wednesday, January 25**

**Breakfast**
- Avocado Toast
- Create your Congee

**Lunch**
- Brown Rice with Sprouts & Sunflower Seeds
  
### Day 2

**Thursday, January 26**

**Breakfast**
- Oatmeal & Grits V
  - Belgian Waffles*
  - Chocolate Chip Muffins*
  - Chocolate Chip Muffins* 
  - Tater Tots*
  - Berry Pancakes*
  - Turkey Bacon & Sausage

**Lunch**
- Chicken Apple Sausage
  - Sun-dried Tomato, Mushroom, Spinach & Tofu Quiche

### Day 3

**Friday, January 27**

**Breakfast**
- Oatmeal & Grits V
  - Belgian Waffles*
  - Orange Cranberry Muffins
  - Orange Cranberry Muffins* 
  - Bacon & Sausage
  - Assorted Bagels
  - Yogurt & Omelet Bar
  - Firehouse Donuts

**Lunch**
- Hearty Beef Vegetable Soup
  - Hungarian Vegetable Soup
  - Grilled Reuben Sandwich
  - Vegetarian Reuben Sandwich
  - Cold Bloody Mary
  - Roasted Red Potatoes
  - Petite Spring Peas & Broccoli Carrots
  - Tofu Salad
  - Signature Salad: Kale & Chick Pea Caesar

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* = VEGETARIAN
V = VEGAN
Menu items subject to change.

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Each item in the menu is made with GF (Gluten Free), DF (Dairy Free), SFF (Soy Free), and NF (Nuts Free). Menu items subject to change.