## Wyndham Grab & Go

**Monday 8/30**

**BREAKFAST**
- Blueberry Muffins*
- Assorted Bagels*
- Assorted Donuts*
- Apple Golden Delicious
- Banana Orange, Yogurt
- Cottage Cheese, Hard Cooked Egg*
- Oatmeal V

**LUNCH**
- Cuban Black Bean
- Chicken Soup
- Tossed Salad ∆
- Beyond Burger V
- Chicken Filet Sandwich
- Grilled Turkey Special
- Caramel Salted Brownie with Pretzel

**DINNER**
- White Chicken Chili
- Tossed Salad ∆
- Taco Bar:
  - Taco Meat ∆
  - Vegan Taco Filling ∆
  - Shredded Cheese ∆*
  - Sour Cream ∆*
  - Guacamole ∆
  - Salsa ∆
  - Shredded Lettuce ∆
  - Diced Tomato ∆
  - Flour Tortilla
  - Corn Tortilla ∆
- Golden Vanilla Cake *

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**Tuesday 8/31**

**BREAKFAST**
- Lemon Poppy Muffin*
- Assorted Bagels*
- Assorted Donuts*
- Apple Golden Delicious
- Banana Orange, Yogurt
- Cottage Cheese, Hard Cooked Egg*
- Oatmeal V

**LUNCH**
- White Chicken Chili
- Tossed Salad ∆
- Beyond Burger V
- Chicken Filet Sandwich
- Mediterranean
- Turkey Burger ∆
- Assorted Cookies *

**DINNER**
- Cream of Potato Soup *
- Tossed Salad ∆
- Chicken Kebabs ∆
- Vegetable Kebabs ∆
- Basmati Rice Pilaf
- with Carrots & Lentils ∆
- Chocolate Peanut Butter Pie *

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**Wednesday 9/1**

**BREAKFAST**
- Strawberry Muffins*
- Assorted Bagels*
- Assorted Donuts*
- Apple Golden Delicious
- Banana Orange, Yogurt
- Cottage Cheese, Hard Cooked Egg*
- Oatmeal V

**LUNCH**
- Miso Soup V∆
- Tossed Salad ∆
- Beyond Burger V
- Chicken Filet Sandwich
- American Cheese ∆*
- Old World Italian Hoagie
- Lemon Bars V

**DINNER**
- Miso Soup V∆
- Tossed Salad ∆
- Chicken Yakitori ∆
- Udon Noodles V
- Grilled Tofu ∆
- Sticky Rice ∆
- German Chocolate Cake *

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**Thursday 9/2**

**BREAKFAST**
- Apple Cinnamon Muffin*
- **Assorted Bagels**
- **Assorted Donuts**
- Apple Golden Delicious
- Banana Orange, Yogurt
- Cottage Cheese, Hard Cooked Egg*
- Oatmeal V

**LUNCH**
- Miso Soup V∆
- Tossed Salad ∆
- Beyond Burger V
- Chicken Filet Sandwich
- American Cheese ∆*
- Braised Beef & Provolone
  - with Roasted Peppers

**DINNER**
- Italian Wedding Soup
- Tossed Salad ∆
- Beyond Burger V
- Chicken Filet Sandwich
- American Cheese ∆*
- Braised Beef & Provolone

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**Friday 9/3**

**BREAKFAST**
- Choc Chip Muffins*
- Assorted Bagels*
- Assorted Donuts*
- Apple Golden Delicious
- Banana Orange, Yogurt
- Cottage Cheese, Hard Cooked Egg*
- Oatmeal V

**LUNCH**
- Italian Wedding Soup
- Tossed Salad ∆
- Beyond Burger V
- Chicken Filet Sandwich
- American Cheese ∆*
- Braised Beef & Provolone

**DINNER**
- Italian Wedding Soup
- Tossed Salad ∆
- Hickory Smoked Bacon ∆
- Vegan Sausage Patty V
- Scrambled Eggs ∆*
- Hash Brown Patty
- Apple Breakfast Lasagna*
- English Muffin V
- Carrot Cake *

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Monday–Thursday
Breakfast 7:30am–9:30am
Lunch 12pm–1:30pm
Dinner 5pm–6:30pm

Friday
Breakfast 7:30am–9:30am
Lunch 12pm–1:30pm

Join us on Wyndham Green for Convocation Picnic