<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Fall Pasta Dinner</th>
<th>Dinner</th>
</tr>
</thead>
</table>
| Sunday 10.16 | Oatmeal V & Grits ΔV  
Belgian Waffles*  
Orange Poppy Loaf*  
Chocolate Muffins V  
Tater Tots  
Mango Pineapple*  
Turkey BaconΔ  
Breakfast "Sausage" V  
Hard Cooked Eggs Δ  
Scrambled Eggs Δ  
Asorted Bagels*  
Yogurt & Omelet Bar  
Selection of Doughnuts*  
Avocado Toast*  | Cheese or Pepperoni Pizza  
French Onion Soup V  
Mushroom Sesame  
Tofu Soup VΔ  
Chili & Cornmeal Crusted Tofu with Plum Salsa  
Cheese Steaks Δ  
Chicken Steaks  
Kale Burgers  
Grilled Chicken Fries  
Braised Black Beans V  
Brown Rice V  
Soused Fresh Broccoli V  
Red Bliss Potato Salad *  
Salad Bar & Deli Bar  
Selection of Cookies*  
Strawberry Shortcake Parfait*  | Spicy Bean Chili with Quinoa & Kale V  | Cashew Chicken  
Battered Tofu  
Grilled Chicken Breast*  
Vegetable Pilau VΔ  
abuhh  | Elote Δ  
Bee Fajitas  
Mahi Mahi Tacos*  
Grilled Chicken BreastΔ  
Grilled Beans V  
Refried Beans VΔ  
Pastrami*  |
| Monday 10.17 | Oatmeal V & Grits ΔV  
Belgian Waffles*  
Coffee Cake*  
Blueberry Muffins V  
Shredded Potatoes ΔV  
Hickory Smoked Bacon Δ  
Breakfast "Sausage" V  
Hard Cooked Eggs Δ  
Scrambled Eggs Δ  
Asorted Bagels*  
Yogurt & Omelet Bar  
Selection of Doughnuts*  
1000 Year Egg & Congee V  | Cheese Pizza*Δ  
Curried Beef  
Pork BBQ Ribs Δ  | Pork BBQ Ribs Δ  | BBQ Chicken Quarters  
Pulled BBQ Carrot Sandwich V  
Grilled Chicken Breast Δ  
Maple Baked Beans V  
Potato Salad Δ  
Green Beans V  
Braised Kale VΔ  
Braised Pea Gumbo ΔV  
Biscuits*  
Carrot Cake ΔV  
Marinara V  
Meat Sauce Δ  
Penne V  | Elote Δ  
Bee Fajitas  
Mahi Mahi Tacos*  
Grilled Chicken BreastΔ  
Grilled Beans V  
Refried Beans VΔ  
Pastrami*  |
| Tuesday 10.18 | Oatmeal V & Grits ΔV  
Belgian Waffles*  
Ice Double Chocolate Loaf*  
Apple Crunch Muffins V  
Diced Potatoes ΔV  
Turkey Sausage Δ  
Breakfast "Sausage" V  
Hard Cooked Eggs Δ  
Scrambled Eggs Δ  
Asorted Bagels*  
Yogurt & Omelet Bar  
Selection of Doughnuts*  
Chickpea Pancakes with Sweet Potato Hummus V  | Cheese or Pepperoni Pizza  
Tortilla Soup ΔV  
Tortellini Primavera*  
Tofu Stir Fry VΔ  
Quinoa Lentil Burger V  
Grilled Chicken Breast Δ  
Fresh Seasoned Vegetables V  
Navy Beans V  
White Rice VΔ  
Kale & Cheddar Caesar Salad  
Salad Bar & Deli Bar  
Rocky Road Brownies*  
Cannoli Parfait*  | Sweet Chili Chicken Wings Δ  
Char Broiled Hamburgers  
Grilled Chicken Breast*  
Cheese Sticks with Sriracha Ketchup*  
Spinach Artichoke Dip ΔV  
Malibu Burgers V  
Cone Dö  
Quarter Pound Hot Dogs  
Vegetarian Cannelini Beans ΔV  
French Fried Potatoes  
Chocolate Cheesecake  
Marinara V  
Meat Sauce Δ  
Penne V  | Elote Δ  
Bee Fajitas  
Mahi Mahi Tacos*  
Grilled Chicken BreastΔ  
Grilled Beans V  
Refried Beans VΔ  
Pastrami*  |
| Wednesday 10.19 | Oatmeal V & Grits ΔV  
Belgian Waffles*  
Iced Double Chocolate Loaf*  
Apple Crunch Muffins V  
Diced Potatoes ΔV  
Turkey Sausage Δ  
Breakfast "Sausage" V  
Hard Cooked Eggs Δ  
Scrambled Eggs Δ  
Asorted Bagels*  
Yogurt & Omelet Bar  
Selection of Doughnuts*  
Chickpea Pancakes with Sweet Potato Hummus V  | Cheese or Pepperoni Pizza  
Mornay Chicken Soup VΔ  
Butternut Squash Soup VΔ  
Grilled Chicken Breast Δ  
Butternut Squash Soup VΔ  | Sweet Chili Chicken Wings Δ  
Char Broiled Hamburgers  
Grilled Chicken Breast*  
Cheese Sticks with Sriracha Ketchup*  
Spinach Artichoke Dip ΔV  
Malibu Burgers V  
Cone Dö  
Quarter Pound Hot Dogs  
Vegetarian Cannelini Beans ΔV  
French Fried Potatoes  
Chocolate Cheesecake  
Marinara V  
Meat Sauce Δ  
Penne V  | Elote Δ  
Bee Fajitas  
Mahi Mahi Tacos*  
Grilled Chicken BreastΔ  
Grilled Beans V  
Refried Beans VΔ  
Pastrami*  |
| Thursday 10.20 | Oatmeal V & Grits ΔV  
Belgian Waffles*  
Monkey Muffins*  
Zucchini Carrot Muffins V  
Home Fried Sliced Potatoes VΔ  
Turkey Sausage Δ  
Breakfast "Sausage" V  
Hard Cooked Eggs Δ  
Scrambled Eggs Δ  
Asorted Bagels*  
Yogurt & Omelet Bar  
Selection of Doughnuts*  
1000 Year Egg & Congee V  | Cheese or Pepperoni Pizza  
Toscana Soup VΔ  
Tortellini Primavera*  
Tofu Stir Fry VΔ  
Quinoa Lentil Burger V  
Grilled Chicken Breast Δ  
Fresh Seasoned Vegetables V  
Navy Beans V  
White Rice VΔ  
Kale & Cheddar Caesar Salad  
Salad Bar & Deli Bar  
Rocky Road Brownies*  
Cannoli Parfait*  | Sweet Italian Sausage in Marinara  
Gnocchi with Fresh Chicken Sausage  
Broccoli Rabe  
Tofu Steaks with Mushroom Demi-Glace V  | Elote Δ  
Bee Fajitas  
Mahi Mahi Tacos*  
Grilled Chicken BreastΔ  
Grilled Beans V  
Refried Beans VΔ  
Pastrami*  |
| Friday 10.21 | Oatmeal V & Grits ΔV  
Belgian Waffles*  
Red Velvet Loaf*  
Banana Muffin V  
Shredded Potatoes ΔV  
Cheesecake with Pipineta*  
Pork Sausage Δ  | Cheese or Pepperoni Pizza  
Beef Noodle Soup VΔ  
Butternut Squash Soup VΔ  
Grilled Chicken Breast Δ  
Butternut Squash Soup VΔ  | Sweet Italian Sausage in Marinara  
Gnocchi with Fresh Chicken Sausage  
Broccoli Rabe  
Tofu Steaks with Mushroom Demi-Glace V  | Elote Δ  
Bee Fajitas  
Mahi Mahi Tacos*  
Grilled Chicken BreastΔ  
Grilled Beans V  
Refried Beans VΔ  
Pastrami*  |

* = VEGETARIAN  
V = PREPARED WHEAT FREE  
Δ = PREPARED NUT FREE