SUNDAY BRUNCH

COOKHOUSE
Cajun Roasted Vegetables
Corn with Stewed Tomatoes
Fried Chicken Breast Parmesan
Red Potatoes
Scrambled Eggs
Spaghetti Sauce
Spinach with Garlic & Onions

GRILL
Chicken Patty Sandwich
Chocolate Chip Pancakes
Egg and Cheese Biscuit
Tater Tots
Turkey Ham, Egg & Cheese Biscuit

SHUFFLES
BBQ Hash Breakfast Bowl
Carolina Pulled Beef BBQ

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SUNDAY DINNER

COOKHOUSE
Baked BBQ Chicken
Corn with Stewed Tomatoes
Steamed Broccoli
Wild Rice

GRILL
All American Hot Dog
Buffalo Chicken Loafer Sandwich
Meatball Loafer Sandwich

SHUFFLES
Pasta Bar

MINDFUL
Lemony Chickpea Salad
Moroccan Spiced Roasted Vegetables

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MONDAY BREAKFAST

COOKHOUSE
Bacon
Pork Sausage Links
Scrambled Egg Whites
Scrambled Eggs

GRILL
Scrambled Egg & Cheese on Bagel
Whole Wheat French Toast

SHUFFLES
Avocado Grain Bowl
Everything Omelet

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MONDAY LUNCH

COOKHOUSE
Beef Burgundy
Charred Corn with Chili & Garlic
Egg Noodles
Garlic Mashed Potatoes
Lemon Garlic Green Beans

GRILL
Avocado & Black Bean Sandwich
Chicken Tender Parmesan Loafer Sandwich

SHUFFLES
Fajita Bar

MINDFUL
Brown Rice & Quinoa Pilaf
Eggplant with Tomato & Onion
Maple Glazed Carrots

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MONDAY DINNER

COOKHOUSE
Blanch Broccoli Rabe
Brown Sugar and Peach Glazed Ham
Herbed Breaded Pork Chop
Mashed Sweet Potatoes
Roasted Marinated Vegetables

GRILL
Bacon Avocado Grilled Cheese
Cheese Quesadilla
French Fries
Mexican Vegetable Quesadilla

SHUFFLES
Nacho Bar

MINDFUL
Aztec Corn Sauté
Bandito Beans
Blackened Tofu
Green Beans Oregano

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TUESDAY BREAKFAST

**COOKHOUSE**
Tater Tots
Scrambled Egg Whites
Scrambled Eggs
Turkey Bacon

**GRILL**
Tater Tots
Scrambled Egg & Cheese on Bagel

**SHUFFLES**
Everything Omelet
Ham, Onion & Cheese Breakfast Bowl

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TUESDAY LUNCH

COOKHOUSE
Coffee Crusted Pork Loin
Roasted Carrots
Roasted Marinated Vegetables
White Rice

GRILL
Tater Tots
Garlic & Lime Grilled Chicken Wheat Pita
Half Pound Pepperjack Cheeseburger

SHUFFLES
Stir Fry Bar

MINDFUL
Quinoa With Squash, Tomatoes And Basil
Seared Tilapia with Hawaiian Relish
Roasted Parsnips

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COOKHOUSE
Beefy Mac Casserole
Bolognese Sauce
Broccoli Florets
Chicken Cacciatore
Garlic Breadstick
Zucchini Saute

GRILL
Chicken Nuggets
Chicken Patty Sandwich
Onion Rings

SHUFFLES
Taco Bar

MINDFUL
Braised Winter Root Vegetables
Quinoa Primavera
Sauteed Zucchini with Stewed Tomatoes
Zucchini Stuffed with Quinoa

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WEDNESDAY BREAKFAST

COOKHOUSE
Bacon
Hash Brown Patty
Scrambled Egg Whites
Scrambled Eggs
Turkey Sausage Links

GRILL
Bacon
Chocolate Chip Pancakes
Hash Brown Patty

SHUFFLES
Cubano Breakfast Taco
Everything Omelet

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WEDNESDAY LUNCH

**COOKHOUSE**
Baked BBQ Chicken
Caribbean Skillet Sweet Potatoes
Golden Fried Catfish
Green Beans with Bacon and Herbs
Mashed Potatoes
Roasted Marinated Vegetables

**GRILL**
BBQ Turkey Loafer
Black Bean Burger
Tater Tots
Hot Pastrami Sandwich
Onion Rings

**SHUFFLES**
Pasta Bar

**MINDFUL**
Baked Tilapia Fillet
Cannelini Bean Ragout
Caramelized Root Vegetables
Carrot Osso Buco with Creamy Polenta

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WEDNESDAY DINNER

COOKHOUSE
Four Cheese Baked Penne Casserette
Garlic Roasted Green Beans
Italian Chicken
Sriracha BBQ Shrimp

GRILL
BBQ Turkey Loafer
Tater Tots
Philly-Style Cheesesteak

SHUFFLES
Mac and Cheese Bar

MINDFUL
Broccoli Florets
Spicy Kale & Garbanzo Beans
Vegan Vegetable Paella

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THURSDAY BREAKFAST

**COOKHOUSE**

Pork Sausage Links  
Roasted Greek Potatoes  
Scrambled Egg Whites  
Scrambled Eggs  
Turkey Sausage Patties

**GRILL**

Ham, Scrambled Egg & Cheese Biscuit  
Roasted Greek Potatoes  
Scrambled Eggs  
Turkey Sausage Patties

**SHUFFLES**

Everything Omelet  
Farmers Egg Breakfast Bowl  
Roasted Greek Potatoes

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THURSDAY LUNCH

COOKHOUSE
Broiled Pork Chop Five Spice
Roasted Vegetables
Homemade Mushroom Gravy
Maple Glazed Carrots
Steamed Cauliflower

GRILL
Hand Cut French Fries
Turkey Reuben Melt

SHUFFLES
Stir Fry Bar

MINDFUL
Curried Sesame Tofu with Brown Rice
Grilled Salmon
Steamed Cauliflower
Tuscan Herb Pollock

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THURSDAY DINNER

COOKHOUSE
Basil Lime Grilled Flank Steak
Braised Kale
Grilled Asparagus
Oven Roast Garlic Red Potatoes
Spicy Black-Eyed Peas
Steamed Carrots

GRILL
French Fries
Grilled Balsamic Chicken Breast
Southern Bbq Chicken Breast Sandwich

SHUFFLES
Baked Potato Bar

MINDFUL
Sauteed Zucchini with Stewed Tomatoes
Spicy Kale & Garbanzo Beans
Tex Mex Vegetables

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FRIDAY BREAKFAST

COOKHOUSE
Bacon
Roasted Mexican Potatoes
Scrambled Egg Whites
Scrambled Eggs
Turkey Sausage Links

GRILL
Scrambled Egg & Cheese on Bagel
Turkey Ham, Egg & Cheese Biscuit

SHUFFLES
Banana Pancakes
Buttermilk Pancakes
Everything Omelet
Maple Bacon Pancakes

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FRIDAY LUNCH

COOKHOUSE
Balsamic Grilled Yellow Squash
BBQ Chicken Breast
Braised Kale Cilantro-Lime Shrimp
Fresh Vegetable Curry
Roasted Lemon Parsley Potato Wedges
Southwestern Roasted Vegetables

GRILL
Chicken Bacon Club Loafer Sandwich
French Fries

SHUFFLES
Nacho Bar

MINDFUL
Braised Kale
Catfish Cakes
Green Beans & Stewed Tomatoes
Roasted Lemon Parsley Potato Wedges

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FRIDAY DINNER

COOKHOUSE
BBQ Chicken Breast
Country Mashed Potatoes
Roasted Marinated Vegetables
Southern Style Green Beans

GRILL
Tater Tots
Half Pound Pepperjack Cheeseburger

SHUFFLES
Stir Fry Bar

MINDFUL
Alu Matar - Potato And Pea Curry
Baked Tilapia Fillet Naan Bread
Quinoa With Squash, Tomatoes And Basil

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