SUNDAY BRUNCH

COOKHOUSE
Bacon
Buttermilk Fried Chicken
Charred Corn with Chili & Garlic
Country Veggies
Crispy Chicken Tenders
Cuban Black Bean Stew
Pot Likker Collard Greens
Scrambled Eggs

GRILL
Chicken Patty Sandwich
French Fries
French Toast
Grilled Cheese Sandwich
Hamburger
Hash Brown Patty
Pork Sausage Links
Scrambled Egg & Cheese on Bagel

SHUFFLES
Breakfast Bar

2,000 CALORIE A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION IS AVAILABLE UPON REQUEST
SUNDAY DINNER

COOKHOUSE

Corn with Stewed Tomatoes
Country Gravy
Garlic and Oregano Roasted Red Potatoes
Pork Cutlet Schnitzel
Smashed Yukon Gold Potatoes
Zucchini Saute

GRILL

Chicken Patty Sandwich
Chicken Tender Parmesan Loafer Sandwich
Grilled Cheese Sandwich
Hamburger

SHUFFLES

Build Your Own Bowl Bar

MINDFUL

Corn with Stewed Tomatoes
French Green Beans & Carrot Medley
Quinoa Primavera
Sauteed Broccoli & Garlic
Spicy Eggplant with Garbanzo Beans

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MONDAY BREAKFAST

COOKHOUSE
Bacon
Hash Browned Potatoes
Pork Sausage Links
Sausage Gravy & Biscuit
Sausage Patties
Scrambled Eggs

GRILL
Bacon Avocado Taco
Bacon, Egg & Cheese Taco
Bean Filled Breakfast Taco
Buttermilk Pancakes
Egg and Cheese Breakfast Taco
New York Deli Breakfast Sandwich
O’Brient Potatoes
Scrambled Egg & Cheese on Bagel
Scrambled Egg Whites

SHUFFLES
Chilaquiles Breakfast Bowl
Everything Omelet

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MONDAY LUNCH

COOKHOUSE
Cajun Roasted Vegetables
Chicken Jambalaya with Andouille Sausage
Glazed Carrots
Cajun Roasted Red Potatoes
Steamed Broccoli

GRILL
Chicken Patty Sandwich
French Fries
Grilled Cheese Sandwich
Hamburger

SHUFFLES
Taco Bar

MINDFUL
Charred Corn with Chili & Garlic
Grilled Wild Salmon
Grilled Zucchini
Hominy with Cilantro & Lime
Potato Rellenas

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MONDAY DINNER

COOKHOUSE
Grilled Asparagus
Grilled Balsamic Chicken Breast
Quinoa Primavera
Roasted Vegetables
Roasted Acorn Squash
Roasted Cauliflower
Spinach with Garlic & Onions

GRILL
Chili Dog
French Fries
Grilled Cheese Sandwich
Hamburger
Southern Bbq Chicken Breast Sandwich

SHUFFLES
Ramen Bar

MINDFUL
Balsamic Roasted Zucchini
Moroccan Chickpea Stew
Roasted Greek Potatoes
Sesame Coated Tofu
Tomato Basil Pollock

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TUESDAY BREAKFAST

COOKHOUSE
Bacon
Home Fried Potatoes
Sausage Gravy & Biscuit
Scrambled Egg Whites
Scrambled Eggs
Turkey Bacon
Pork Sausage Links

GRILL
Banana Pancakes
Egg & Cheese Bagel with Bacon
Egg and Cheese Biscuit
French Toast
Fried Egg O'Muffin With Turkey Bacon
Tater Tots
Hash Browned Potatoes
Scrambled Egg & Cheese on Bagel

SHUFFLES
Everything Omelet
Ham, Onion & Cheese Breakfast Bowl

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TUESDAY LUNCH

COOKHOUSE
BBQ Baked Beans
Garlic Mashed Potatoes
Grilled Chicken Breast
Hawaiian Steamed Pollock
Southern Style Green Beans

GRILL
Cheese Quesadilla
Chicken Turkey Bacon Club Loafer Sandwich
Grilled Cheese Sandwich
Hamburger

SHUFFLES
Stir Fry Bar

MINDFUL
Crispy Fried Chickpeas
Egyptian Koshari, Rice and Lentils
Lentil Stew
Oven Roasted Butternut Squash
Quinoa Primavera Stuffed Zucchini
Vegetable Quinoa

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TUESDAY DINNER

COOKHOUSE
Garlic Mashed Potatoes
Green Beans & Stewed Tomatoes
Green Beans Oregano
Homemade Mushroom Gravy
Home-Style Meatloaf
Roasted Brussels Sprouts
Roasted Zucchini
Steamed Aztec Corn

GRILL
Grilled Cheese Sandwich
Hamburger

SHUFFLES
Pasta Bar

MINDFUL
Baked Tilapia Fillet
Brown Rice
Garlic Roasted Green Beans
Green Beans & Stewed Tomatoes
Green Lentils
Roasted Balsamic Brussels Sprouts

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

GRILL
Apple Pancakes
Banana Split Tortilla French Toast
Banana Stuffed French Toast
Chocolate Chip Pancakes
Cinnamon Donut French Toast
Cinnamon Toast Crunch Bagel French Toast
Fried Egg on a Biscuit
Hash Brown Patty

SHUFFLES
Tortillas
Chopped Cilantro Diced Pork Sausage
Everything Omelet
Frizzled Ham
Pico de Gallo
Roasted Mexican Potatoes
Salsa Roja & Salsa Verde
Scrambled Egg Whites
Shredded Cheddar Jack Cheese
Sour Cream

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WEDNESDAY LUNCH

COOKHOUSE
Adobo Roasted Turkey Breast
Aztec Corn Sauté
Basmati Rice
Bbq Seasoned Chicken
Broccoli Florets
Crispy Garlic Potato Wedges
Fresh Zucchini with Garlic & Basil

GRILL
Chicken Patty Sandwich
French Fries
Grilled Cheese Sandwich
Hamburger
Hot Pastrami Sandwich

SHUFFLES
Quesadilla Bar

MINDFUL
Balsamic Grilled Yellow Squash
Cavatappi Vegan Bolognese
Charred Corn with Chili & Garlic
Garlic and Oregano Roasted Red Potatoes

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WEDNESDAY DINNER

**COOKHOUSE**
- Broccoli Florets
- Cilantro Lime Rice
- Cuban Black Bean Stew
- Grilled Chicken Breast
- Roasted Vegetables
- Roasted Cauliflower

**GRILL**
- French Fries
- Grilled Cheese Sandwich
- Hamburger
- Pepperjack & Pico Burger

**SHUFFLES**
- Stir Fry Bar

**MINDFUL**
- Curry Roasted Vegetables
- Grilled Salmon
- Lentils and Swiss Chard
- Steamed Brown Rice
- Vegan Vegetable Paella

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THURSDAY BREAKFAST

COOKHOUSE
Bacon
Pork Sausage Links
Sausage Gravy & Biscuit
Scrambled Egg Whites
Scrambled Eggs
Turkey Sausage Patties
Pork Sausage Links

GRILL
Buttermilk Pancakes
Canadian Bacon
Eggs Benedict
English Muffin With Scrambled Eggs
French Toast
Veggie & Cheese Frittata Sandwich

SHUFFLES
Breakfast Bar

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THURSDAY LUNCH

COOKHOUSE
Broccoli Cheese & Rice Casserette
Charred Corn with Chili & Garlic
Chicken Fried Steak with Cream Gravy
Garlic Mashed Potatoes
Seasoned Catfish Fillet
Southern Style Green Beans

GRILL
Cheese Quesadilla French Fries
Grilled Cheese Sandwich
Hamburger

SHUFFLES
Stir Fry Bar

MINDFUL
Alu Matar - Potato And Pea Curry
Ginger Fried Rice
Ginger Tofu & Vegetable Stir Fry
Madras Vegetable Curry
Sesame Bok Choy

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THURSDAY DINNER

COOKHOUSE
Bacon
Banana Pancakes
Hash Browned Potatoes
Home Fried Potatoes
House Baked Buttermilk Biscuit
Pork Sausage Link
Sausage Patties
Scrambled Eggs

GRILL
Bacon Avocado Grilled Cheese
Chicken Patty Sandwich
French Fries
Grilled Cheese Sandwich
Hamburger
Taco Loafer Sandwich

SHUFFLES
Breakfast Bar

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

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FRIDAY BREAKFAST

COOKHOUSE
Bacon
Home Fried Potatoes
Roasted Mexican Potatoes
Sausage Gravy & Biscuit
Scrambled Egg & Cheese on Bagel
Scrambled Egg Whites
Scrambled Eggs
Pork Sausage Links
Turkey Sausage Links

GRILL
Bacon
Blueberry Pancakes
Egg White Muffin
Ham, Egg & Cheese Biscuit Roll Up
Ham, Scrambled Egg & Cheese Biscuit
Scrambled Egg & Cheese on Bagel
Scrambled Egg Whites
Vanilla Belgian Waffles

SHUFFLES
TBD

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FRIDAY LUNCH

COOKHOUSE
TBD

GRILL
Black Bean Burger
Buffalo Chicken Loafer Sandwich
Caribbean Glazed Skillet Sweet Potatoes
Cheeseburger
Chicken Patty Sandwich
French Fries
Grilled Cheese Sandwich

SHUFFLES
Stir Fry Bar

MINDFUL
TBD

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FRIDAY DINNER

COOKHOUSE
TBD

GRILL
Chicken Patty Sandwich
Chicken Sandwich
Grilled Cheese Sandwich
Hamburger

SHUFFLES
Stir Fry Bar

MINDFUL
TBD

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