

## FRIDAY BRUNCH

### COOKHOUSE

Bacon  
Roasted Mexican Potatoes  
Scrambled Egg & Cheese on Bagel  
Scrambled Egg Whites  
Scrambled Eggs  
Two Turkey Sausage Links

### GRILL

Bacon  
Blueberry Pancakes  
Scrambled Egg & Cheese on Bagel  
Scrambled Egg Whites

## FRIDAY LUNCH

### SHUFFLES

Carne Asada Tacos  
Chipotle Chicken  
Chipotle Chicken Tinga Tacos  
Mexican Rice

### COOKHOUSE

Balsamic Grilled Flank Steak  
Caribbean Glazed Skillet Sweet Potatoes  
Roasted Corn & Red Bell Pepper Confetti  
Simply Roasted Cauliflower  
Spanish Grilled Salmon  
Steamed Cauliflower

### GRILL

Black Bean Burger  
Cheeseburger  
Chicken Patty Sandwich  
French Fries  
Grilled Cheese Sandwich

### MINDFUL

Blackened Tofu  
Caramelized Root Vegetables  
Green Beans And Ginger  
Vegan Hoppin John & Cornbread

## FRIDAY DINNER

### COOKHOUSE

Baked Tilapia Fillet  
Brown Rice & Quinoa Pilaf  
Glazed Carrots  
Jerk Chicken Thigh  
Steamed Broccoli

### GRILL

Chicken Patty Sandwich  
Chicken Sandwich  
Grilled Cheese Sandwich  
Hamburger

**MAY 20**

# SATURDAY BRUNCH

## COOKHOUSE

Bacon  
Baked Cajun Catfish  
Blackened Cajun Chicken Breast  
Cilantro Jasmine Rice  
Cubano Breakfast Taco  
Green Beans & Stewed Tomatoes  
Pork Sausage Links  
Roasted Marinated Vegetables  
Sauteed Broccoli & Carrots  
Scrambled Egg Whites  
Scrambled Eggs

## GRILL

Bacon  
Black Bean Burger  
Buffalo Chicken Loafer Sandwich  
French Fries  
Pork Sausage Links  
Scrambled Egg Whites  
Scrambled Eggs

# SATURDAY DINNER

## COOKHOUSE

Broccoli, Olives & Sundried Tomatoes  
Cafe Roasted Potatoes  
Fresh Zucchini with Garlic & Basil  
Roasted Balsamic Brussels Sprouts  
Simply Roasted Cauliflower  
Slow Roasted Rosemary Chicken and Potatoes

## GRILL

Bacon Avocado  
Grilled Cheese  
Chicken Bacon Club Loafer Sandwich  
Coney Island Dog  
French Fries

**MAY 21**

# SUNDAY BRUNCH

## COOKHOUSE

Baked Cajun Catfish  
Beefy Mac Casserole  
Cajun Roasted Vegetables  
Corn with Stewed Tomatoes  
Red Potatoes  
Scrambled Eggs  
Seared Black Pepper Salmon with Quinoa  
Seasoned Roast Turkey Breast

## GRILL

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

# SUNDAY DINNER

## COOKHOUSE

Baked Tilapia Fillet  
Grilled Chicken Breast  
Lemon Garlic Broccoli Whole Wheat Pasta  
Mediterranean Pork & Couscous Bowl  
Moroccan Spiced Roasted Vegetables  
Pasta with Tomatoes & Olives Steamed Broccoli

## GRILL

All American Hot Dog  
Buffalo Chicken Loafer Sandwich

**MAY 22**

## MONDAY BRUNCH

### COOKHOUSE

Bacon

Pork Sausage Links

Scrambled Egg Whites

Scrambled Eggs

### GRILL

Scrambled Egg & Cheese on Bagel

Whole Wheat French Toast

## MONDAY LUNCH

### SHUFFLES

Gyro Bar

Roasted Marinated Vegetables

### COOKHOUSE

Blackened Salmon

Charred Corn with Chili & Garlic

Garlic Mashed Potatoes

Lemon Garlic Green Beans

Rosemary And Garlic Braised Pork Loin

### GRILL

Avocado & Black Bean Sandwich

Chicken Tender Parmesan Loafer Sandwich

Classic Italian Sausage Sandwich

Cubano Burger

### MINDFUL

Blackened Tofu

Brown Rice & Quinoa Pilaf

Maple Glazed Carrots

Roasted Marinated Vegetables

## MONDAY DINNER

### SHUFFLES

Asian Pepper Steak Stir Fry

Chicken and Broccoli Stir Fry

Curried Rice Noodles

Moo Shu Beef

Stir Fry Bar

Vegetable Eggroll

### COOKHOUSE

Flour Tortilla

Carne Asada

Fresh Pico de Gallo

Jalapeno Pepper

Mexican Vegetable Quesadilla

Smashed Avocado

### GRILL

Bacon Avocado Grilled Cheese

Cheese Quesadilla

French Fries

### MINDFUL

Aztec Corn Sauté

Bandito Beans

Blackened Tofu

Broccoli Florets

Green Beans Oregano

**MAY 23**

## TUESDAY BRUNCH

### SHUFFLES

Everything Omelet

Ham, Onion & Cheese Breakfast Bowl

### COOKHOUSE

Fried Tater Tots

Scrambled Egg Whites

Scrambled Eggs

Turkey Bacon

### GRILL

Fried Tater Tots

Scrambled Egg & Cheese on Bagel

## TUESDAY LUNCH

### SHUFFLES

Beef Taco Meat

Taco Bar

### COOKHOUSE

BBQ Baked Beans

BBQ Beef Brisket

BBQ Glazed Salmon

BBQ Sauce

Broccoli Florets

Carolina BBQ Sauce

Jalapeno Cornbread With Cheese

Roasted Carrots

Roasted Marinated Vegetables

### GRILL

Fried Tater Tots

Garlic & Lime Grilled Chicken

Wheat Pita

Half Pound Pepperjack Cheeseburger

### MINDFUL

Broccoli Florets

Ginger Miso Tofu

Quinoa With Squash, Tomatoes And Basil

Simply Roasted Parsnips

## TUESDAY DINNER

### COOKHOUSE

Bolognese Sauce

Broccoli Florets

Garlic Breadstick

Grilled Chicken Breast

Grilled Salmon

Meat Tortellini

Penne Pasta

### GRILL

Chicken Nuggets

Chicken Patty Sandwich

Onion Rings

### MINDFUL

Braised Winter Root Vegetables

Quinoa Primavera

Sauteed Zucchini with Stewed Tomatoes

**MAY 24**

## WEDNESDAY BRUNCH

### SHUFFLES

Cubano Breakfast Taco

Everything Omelet

### COOKHOUSE

Bacon

Hash Brown Patty

Scrambled Egg Whites

Scrambled Eggs

Two Turkey Sausage Links

### GRILL

Chocolate Chip Pancakes

Bacon

Hash Brown Patty

## WEDNESDAY LUNCH

### COOKHOUSE

Braised Pork With Root Vegetables

Caramelized Root Vegetables

Caribbean Skillet Sweet Potatoes

### GRILL

BBQ Turkey Loaf

Black Bean Burger

Fried Tater Tots

Hot Pastrami Sandwich

Onion Rings

### MINDFUL

Cannelini Bean Ragout

Caramelized Root Vegetables

Carrot Osso Buco with Creamy Polenta

## WEDNESDAY DINNER

### COOKHOUSE

Chicken Jambalaya with Andouille

Sausage

Garlic Roasted Green Beans

Roasted Marinated Vegetables

Sriracha BBQ Shrimp

### GRILL

BBQ Turkey Loaf

Fried Tater Tots

Ham & Cheese Melt

Hot Italian

Meatball Sandwich

### MINDFUL

Broccoli Florets

Simple Spicy Kale & Garbanzo Beans

Vegan Vegetable Paella

**MAY 25**

## THURSDAY BRUNCH

### COOKHOUSE

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

### GRILL

Ham, Scrambled Egg & Cheese Biscuit  
Roasted Greek Potatoes

## THURSDAY LUNCH

### SHUFFLES

Asian Marinated Flank Steak  
Asian Slaw  
Asian Vegetables

### COOKHOUSE

Balsamic Flank Steak Meal  
Five Spice Roasted Vegetables  
Grilled Salmon  
Homemade Mushroom Gravy  
Maple Glazed Carrots  
Roasted Red Potatoes  
Steamed Cauliflower

### GRILL

Hand Cut French Fries  
Turkey Reuben Melt

### MINDFUL

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

## THURSDAY DINNER

### SHUFFLES

Alfredo Pasta Bowl  
Baked Ziti  
Cheese Ravioli  
Fettuccine Alfredo with Broccoli  
Penne alla Carbonara

### COOKHOUSE

Adobo Roasted Turkey  
Baked Cajun Catfish  
Braised Kale  
Cajun Cream Gravy  
Grilled Asparagus  
Roasted Sweet Potatoes  
Spicy Black-Eyed Peas  
Steamed Carrots

### GRILL

Bbq Pulled Pork Sandwich  
French Fries  
Grilled Balsamic Chicken Breast  
Southern Bbq Chicken Breast Sandwich

### MINDFUL

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

**MAY 26**

## FRIDAY BRUNCH

### SHUFFLES

Banana Pancakes  
Buttermilk Pancakes  
Everything Omelet  
Maple Bacon Pancakes

### COOKHOUSE

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

### GRILL

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

## FRIDAY LUNCH

### SHUFFLES

Basil Lime Grilled Flank Steak  
Gyro Bar  
Tzatziki Sauce

### COOKHOUSE

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

### GRILL

Chicken Bacon Club Loafer Sandwich  
Chicken Turkey Bacon Club Loafer  
Sandwich  
French Fries

### MINDFUL

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

## FRIDAY DINNER

### COOKHOUSE

Adobo Pork Loin  
Baked Cajun Catfish  
Country Mashed Potatoes  
Grilled Chicken Breast  
Roasted Marinated Vegetables  
Southern Style Green Beans

### GRILL

Chili Dog  
Fried Tater Tots  
Half Pound Pepperjack  
Cheeseburger

**MAY 27**