



## Weekly Breakfast Menu

## 11/02 - 11/08/2019

### SATURDAY

- Assorted Cold Cereals
- Plain Yogurt (Nonfat)
- Baked Turkey Sausage
- Golden-Brown Tater Tots
- Waffles
- Fresh ScrambledEggs
- Classic Fried Eggs

### SUNDAY

- Assorted Cold Cereals
- Assorted Fresh-Cut Fruit
- Pancakes
- Bacon
- Golden Waffles (GF)
- Scrambled Eggs

### **MONDAY**

- Plain Yogurt (Nonfat)
- Assorted Fresh-Cut Fruit
- Assorted Cold Cereals
- Golden-Brown Tater Tots
- Breakfast Sausage Links
- Fresh Scrambled Eggs
- Poached Eggs

### **TUESDAY**

- Plain Yogurt (Nonfat)
- Assorted Cold Cereals
- Fresh ScrambledEggs
- Golden-Fried Breakfast Potatoes
- Breakfast Sausage Links
- Hardboiled Eggs

### WEDNESDAY

- Plain Yogurt (Nonfat)
- Assorted Cold Cereals
- Breakfast Sausage Links
- Corned Beef Hash
- Scrambled Eggs
- Fried Eggs

### **THURSDAY**

- Plain Yogurt (Nonfat)
- Assorted Fresh-Cut Fruit
- Poached Eggs
- Baked French Toast
- Fresh ScrambledEggs
- Assorted Cold
  Cereals

- Plain Yogurt (Nonfat)
- Assorted Cold Cereals
- Bacon
- House-Made
   Chocolate Chip
   Pancakes
- Fresh Scrambled Eggs
- Classic Fried Eggs







## Weekly Lunch Menu

### 11/02 - 11/08/2019

SATURDAY

### SUNDAY

### **MONDAY**

- Cream of Asparagus Soup
- Build-Your-OwnGarden Salad
- Bell Pepper & Tomato Salad
- Brown Rice and Bell Pepper Salad
- Quinoa Pilaf with Bell Peppers
- Genoa Salami
- Gouda
- Hummus
- Curried Chicken
   Salad with Apples
- Naan
- Sautéed Coconut Curry Chicken
- Sautéed Vegetable Medley
- Simply Steamed Kale
- Basmati Rice
- Curried Chickpeas

### **TUESDAY**

- Spiced Butternut Squash Soup
- Build-Your-Own Garden Salad
- Arugula Salad with Balsamic Dressing
- Bell Pepper & Tomato Salad
- Quinoa Pilaf with Bell Peppers
- Sriracha Slaw
- Genoa Salami
- Gouda
- House-Made Basil
   Pesto Hummus
- Curried ChickenSalad with Apples
- Homestyle Meatloaf
- Lentil Loaf
- Whipped Potatoes with Butter
- Sautéed Vegetable Medley
- Beef Gravy

### WEDNESDAY

- Tomato-Basil Soup with Cream
- Black Bean & Corn Salsa Salad
- Build-Your-OwnGarden Salad
- Arugula Salad with Balsamic Dressing
- Quinoa Pilaf with Bell Peppers
- Genoa Salami
- House-Made Basil
   Pesto Hummus
- Turkey Breast
- Dijon Egg Salad
- Monterey Jack
- Hearty Texas Chili
- Mexican Red Rice
- Blanched Spinach
- Sautéed Vegetable Medley
- Hearty Bulgur Chili
- Croissants

### **THURSDAY**

- Tom Kha Gai
   (Creamy Thai Chicken
   & Coconut Soup)
- Build-Your-Own
  Garden Salad
- Broccoli and Carrot Salad
- Jicama Salad
- Black Bean & Corn Salsa Salad
- Ham
- House-Made Tzatziki
- House-Made
   Chipotle Hummus
- American Cheese
- Dijon Egg Salad
- Herb-Glazed Carrots
- Pasta Aglio e Olio
- Potato & Cheddar Pierogies with Green Onions
- Buttery California
   Vegetable Medley
- Smoked Bratwurst with Sauerkraut

- Classic Pasta e Fagioli Soup
- Build-Your-OwnGarden Salad
- Jicama Salad
- Broccoli and Carrot Salad
- Black Bean & Corn Salsa Salad
- American Cheese
- House-Made Chipotle Hummus
- Ham
- House-Made Tzatziki
- Dijon Egg Salad
- Classic HawaiianPizza
- Cheese Pizza
- Mexican Confetti Rice
- Steamed Lemon
   Pepper Broccoli
- Seasoned Grilled Chicken Breast
- Corn







## Weekly Dinner Menu

### 11/02 - 11/08/2019

### SATURDAY

- Hearty Vegetable
   Rice Soup
- Assorted Fresh-Cut Fruit
- Build-Your-Own House Salad
- Classic Caesar Salad
- Calico Brown Rice
   Salad
- Build-Your-Own
  Sandwich Bar
- Calico Brown Rice
   Salad
- House-Made Basil
   Pesto Hummus
- Quinoa Pilaf with Bell Peppers
- Peppers
  Assorted Fried
- Spring Rolls

  Simply Steamed
- Broccoli
- Lemon-Garlic
   Roasted Potatoes
- Char Siu (Chinese Roast Pork)
- Corn
- Bao Buns

### **SUNDAY**

- Cauliflower Soup
- Assorted Fresh-Cut Fruit
- Build-Your-Own House Salad
- Build-Your-Own Chef's Salad
- Classic Caesar Salad
- Calico Brown Rice
   Salad
- Build-Your-OwnSandwich Bar
- Cucumber, Tomato,& Garbanzo Salad
- House-Made BasilPesto Hummus
- Simply Steamed Zucchini
- Maple-Glazed
   Butternut Squash
- Sticky BBQ Ginger Chicken Thiahs
- Shrimp Fried Rice
- Veggie Fried Rice

### **MONDAY**

- Cream of Asparagus Soup
- Arugula Salad with Balsamic Dressing
- Build-Your-Own Garden Salad
- Bell Pepper & Tomato Salad
- Genoa Salami
- Hummus
- Curried ChickenSalad with Apples
- Gouda
- House-Roasted Beef
- Pop Overs (Yorkshire Pudding)
- House-Made Beef Gravy
- Sesame Ginger
   Spicy Tofu
- Classic Corn on the Cob
- Lemon-Garlic Roasted Potatoes
- Simply Steamed Peas & Carrots

### **TUESDAY**

- Spiced Butternut Squash Soup
- Sriracha Slaw
- Steamed Seafood Salad
- Build-Your-Own Garden Salad
- Genoa Salami
- House-Made Basil
   Pesto Hummus
- Curried ChickenSalad with Apples
- Gouda
- Baked Cheddar Macaroni & Cheese
- Macaroni & Cheese (GF)
- Garlic-Roasted Broccoli
- Simply Steamed Peas & Carrots
- Vegetarian Mapo Tofu
- Szechuan Mapo Tofu with Pork

### WEDNESDAY

- Tomato-Basil Soup with Cream
- Build-Your-OwnGarden Salad
- Balsamic Brown Rice
- & Garbanzo Bean SaladArugula Salad with
- Balsamic DressingAsian Brussels
- Sprouts SaladCorned Beef
- Coconut Curry Chicken Salad
- House-Made Basil
   Pesto Hummus
- Gouda
- Cheddar-Jack
   Chicken Breast with
   Bacon
- Mediterranean Pesto Pasta (GF)
- Baked Italian
   Vegetable Medley with
   Tomatoes and
   Parmesan
- Simply Steamed Green Beans
- Herb-Glazed Carrots

### **THURSDAY**

- Tom Kha Gai
   (Creamy Thai Chicken
   & Coconut Soup)
- Kale & Cabbage
   Slaw with Balsamic-Lime Vinaigrette
- Build-Your-OwnGarden Salad
- Lemon-Basil White Bean & Zucchini Salad
- Asian Brussels Sprouts Salad
- Corned Beef
- Coconut Curry Chicken Salad
- House-Made Basil
   Pesto Hummus
- American Cheese
- Dijon Egg Salad
- Boston Baked Cod
- Gallo Pinto (Beans & Rice)
- Thyme-Roasted Chicken
- Simply Steamed Broccoli
- Cheddar Mashed Potatoes
- Zucchini Sauté
- • asian lettuce bar

- Classic Pasta e Fagioli Soup
- Build-Your-OwnGarden Salad
- Lemon-Basil White Bean & Zucchini Salad
- Kale & Cabbage
   Slaw with Balsamic-Lime Vinaigrette
- Coconut Curry Chicken Salad
- Dijon Egg Salad
- Genoa Salami
- House-Made Basil
   Pesto Hummus
- American Cheese
- Beef Tacos
- Two-CheeseQuesadillas
- Sriracha Rice
- Tortilla Chips
- Roasted Spaghetti Squash
- Simply Steamed Green Beans with Shredded Carrots

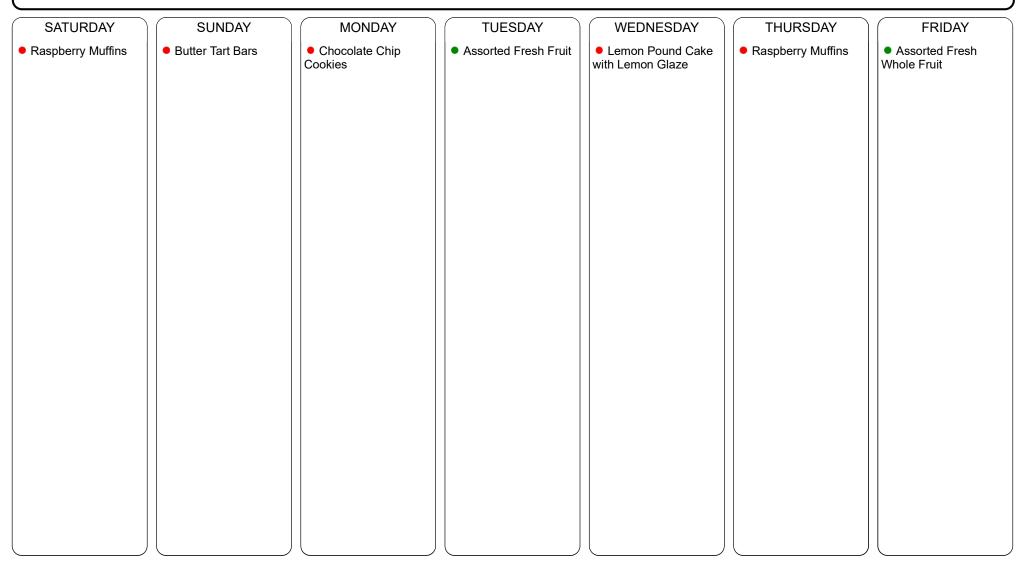






# Weekly Snack Menu

# 11/02 - 11/08/2019









## Weekly Breakfast Menu

## 11/23 - 11/29/2019

### SATURDAY

- Bacon
- Assorted Fresh-Cut Fruit
- Cajun Roasted Potatoes
- Classic Fried Eggs
- Fresh Scrambled Eggs
- Flatbread Pepperoni
   Pizza
- Cheese Pizza
- Hawaiian Pizza with Fresh Pineapple

### **SUNDAY**

- Assorted Cold Cereals
- Assorted Fresh-Cut Fruit
- Steamed Buns
- Classic Scrambled Eggs
- Plain Yogurt (Nonfat)
- Golden-Brown Tater Tots
- Beef and Potato Stew
- Baked Barbecue Chicken

### **MONDAY**

- Plain Yogurt (Nonfat)
- Assorted Cold Cereals
- Fresh Scrambled Eggs
- Breakfast Sausage Links
- Steamed Buns
- Golden-Brown Tater Tots
- Fried Eggs
- Hardboiled Eggs

### TUESDAY

- Plain Yogurt (Nonfat)
- Assorted Fresh-Cut Fruit
- Assorted Cold Cereals
- Classic Scrambled Eggs
- Egg & Cheese on English Muffin
- Baked Breakfast Potatoes

### WEDNESDAY

- Plain Yogurt (Nonfat)
- Assorted Fresh-Cut Fruit
- Assorted Cold Cereals
- Bacon
- House-Made Classic Pancakes
- Fresh Scrambled Eggs
- Scrambled Eggs with Melted Cheddar

### **THURSDAY**

- Breakfast Sausage Links
- Poached Eggs
- Fresh Scrambled Eggs
- Golden-Fried
   Breakfast Potatoes
- Apple Cinnamon Oatmeal

- Plain Yogurt (Nonfat)
- Assorted Fresh-Cut Fruit
- Assorted Cold
  Cereals
- Steamed Buns
- Classic ScrambledEggs
- Classic Fried Eggs
- Breakfast Sausage Links
- Potatoes Au Gratin







## Weekly Lunch Menu

### 11/23 - 11/29/2019

SATURDAY

### SUNDAY

### **MONDAY**

- Hearty Cream of Mushroom Soup
- Build-Your-OwnRomaine Wedge Salad
- Broccoli, Cauliflower,
- & Carrot Salad
- Calico Brown Rice Salad
- Classic Coleslaw
- Gouda
- Curried Egg Salad
- Classic House-Made Hummus
- House-Roasted Beef
- Genoa Salami
- Lemon-Wasabi Tuna Salad
- Carnival Corn Dogs
- Vegetarian Hot Dogs
- Baked Lemon Cod
- Ranch Potato Wedges
- Steamed and Seasoned Green Peas
- Steamed Lemon Pepper Broccoli

### **TUESDAY**

- Vegan Miso Soup
- Broccoli, Cauliflower,
- & Carrot Salad
- Calico Brown Rice Salad
- Build-Your-Own Garden Salad
- Marinated Cherry
   Tomato Salad
- Asian Brussels Sprouts Salad
- Gouda
- Corned Beef
- Classic House-Made Hummus
- Curried Egg Salad
- Assorted Fresh-Cut Fruit
- Coleslaw
- Chicken Waldorf Salad
- Simply SteamedZucchini
- SAGE-Made
   Marinara Sauce
- House-Made Meat Sauce
- Garlic Bread with Cheese
- Spaghetti
- Glazed Carrots with Fresh Parsley
- Tofu Cacciatore

### WEDNESDAY

- Split Pea and Ham Soup
- Lemon-Basil White Bean & Zucchini Salad
- Calico Brown Rice
   Salad
- Chickpea Salad with Tomato & Red Onion
- Build-Your-OwnTomato, Cucumber &Pepperoncini Salad
- Baked Potato Salad with Cheddar & Green Onion
- Assorted Fresh-Cut Fruit
- American Cheese
- Havarti
- Corned Beef
- Classic House-Made Hummus
- Curried Egg Salad
- Chicken Waldorf Salad
- House-Roasted Beef
- Classic BostonBaked Beans
- Teriyaki-Glazed Pork Chops
- Roasted Brussels Sprouts
- Simply Steamed Green Beans

### **THURSDAY**

- Posole (Spicy Mexican Pork Stew)
- Build-Your-OwnPicnic Salad
- Chickpea Salad with Tomato & Red Onion
- Baked Potato Salad with Cheddar & Green Onion
- Cajun Corn Salad
- Mexican Black Bean and Jicama Salad
- Asian Brussels Sprouts Salad
- American Cheese
- Classic House-Made Hummus
- Baked Potato Salad with Cheddar & Green Onion
- Assorted Fresh-Cut
   Fruit
- Flour Tortillas (12 inch)
- Beef Soft Tacos
- Grilled Vegetarian
   Tacos
- Refried Beans
- Shredded Pork Tinga
- Simply Steamed Asparagus
- Sautéed Bok Choy

- Chicken Noodle Soup
- Build-Your-OwnPicnic Salad
- Veggie-Packed
   Creamy Pasta Salad
- Cilantro-Lime Black Bean, Corn, & Edamame Salad
- Cajun Corn Salad
- Assorted Fresh-Cut Fruit
- Asian Slaw
- American Cheese
- Swiss
- House-Made Tzatziki
- Curried ChickenSalad with Apples
- House-Made Lemon
   Hummus
- Genoa Salami
- Assorted Fresh-Cut Fruit
- House-Roasted Beef
- Pan-Seared Whitefish with Pineapple Salsa
- Roasted Alabama
   White BBQ Chicken
   Breast
- Sesame Fried Rice
- Corn
- Ruttered Peas







## Weekly Dinner Menu

### 11/23 - 11/29/2019

### SATURDAY

- Bacon & Navy Bean Soup
- German Potato Salad
- Classic House-Made Hummus
- Pesto Rotini Pasta
- Bacon
- Cheeseburgers
- Macaroni & Cheese
- Sesame Fried Rice
- Baked Zucchini Sticks
- Edamame Succotash

### **SUNDAY**

- Butternut Squash Bisque
- Quinoa Pilaf with Bell Peppers
- Garlic & Curry Hummus
- Classic House-Made Hummus
- Chicken Fajitas
- Smoky Grilled Vegetable Fajitas
- Broccoli with Melted Cheese
- Tortilla Chips
- Simply Simmered Carrots
- Sticky Chinese Chicken Wings

### **MONDAY**

- Hearty Cream of Mushroom Soup
- Build-Your-OwnRomaine Wedge Salad
- Broccoli, Cauliflower,
   Carrot Salad
- Calico Brown Rice Salad
- Classic Coleslaw
- Gouda
- Classic House-Made Hummus
- Curried Egg Salad
- Corned Beef
- Chicken & Broccoli Stir-Fry
- Tofu & Broccoli Stir Fry
- Roasted Brussels Sprouts
- Broiled Tomatoes with Parmesan Breadcrumbs
- Simple Peas & Carrots
- Sesame Fried Rice

### **TUESDAY**

- Vegan Miso Soup
- Build-Your-OwnRomaine Wedge Salad
- Broccoli, Cauliflower,
- & Carrot Salad
- Calico Brown Rice Salad
- Classic House-Made Hummus
- Gouda
- Curried Egg Salad
- Corned Beef
- BBQ ChickenDrumsticks
- Pasta Aglio e Olio
- Sautéed Vegetable Medley
- Corn
- Golden-Brown Tater Tots
- ●●● noodle bar

### WEDNESDAY

- Split Pea and Ham Soup
- Calico Brown Rice
   Salad
- Build-Your-OwnRomaine Wedge Salad
- Broccoli, Cauliflower,& Carrot Salad
- American Cheese
- Corned Beef
- Classic House-Made Hummus
- Curried Egg Salad
- House-Made Tzatziki
- Honey-Glazed Carrots
- Baked Lemon Cod
- Homestyle Meatloaf
- Tofu Parm with Marinara (GF)
- Roasted Cauliflower
- Beef Gravy
- Creamy Mashed Potatoes

### THURSDAY

- Posole (Spicy Mexican Pork Stew)
- Balsamic Farro & Tomato Salad
- Build-Your-OwnPicnic Salad
- Veggie-Packed
   Creamy Pasta Salad
- American Cheese
- Baked Potato Salad with Cheddar & Green Onion
- Classic House-Made Hummus
- Genoa Salami
- Bulgogi (Korean Barbecue Beef)
- Tofu Dengaku (Miso-Glazed Grilled Tofu)
- Classic White Rice
- Simply Steamed Broccoli
- Sautéed Green Beans
- Potatoes Au Gratin

- Chicken Noodle Soup
- Build-Your-OwnPicnic Salad
- Veggie-PackedCreamy Pasta Salad
- Balsamic Farro & Tomato Salad
- American Cheese
- Classic House-Made Hummus
- Genoa Salami
- Baked Potato Salad with Cheddar & Green Onion
- Bow-Tie Pasta
   Primavera
- Teriyaki Chicken Wings (GF)
- Simply Steamed
   Broccoli & Cauliflower
- Roasted Brussels Sprouts
- Baked Corn Dogs
- Tomato- & Basil-Stuffed Portobellos

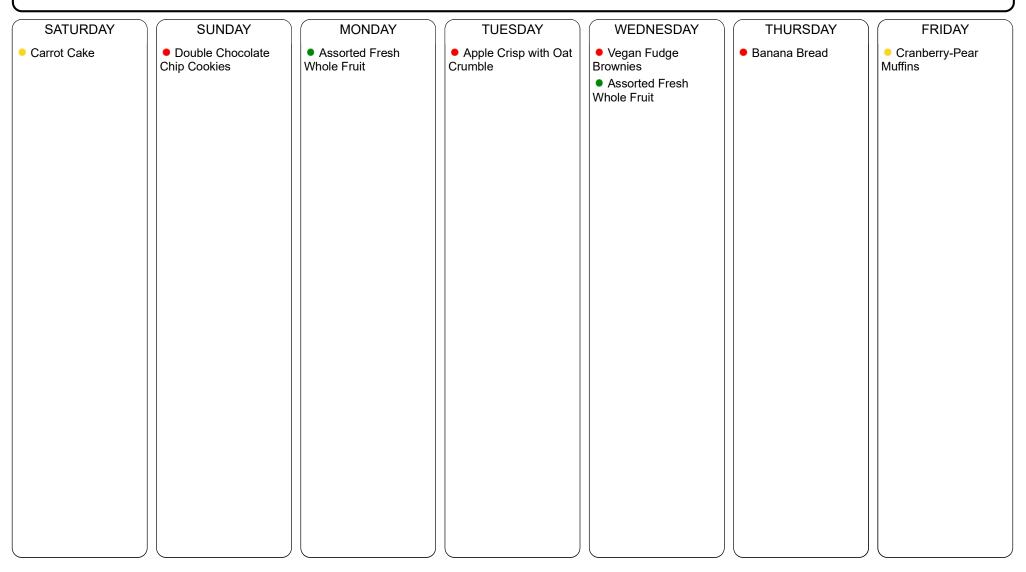






# Weekly Snack Menu

# 11/23 - 11/29/2019









## Weekly Breakfast Menu

### 11/30 - 12/06/2019

### **SATURDAY**

- Assorted Cold Cereals
- Assorted Fresh-Cut Fruit
- Plain Yogurt (Nonfat)
- Golden-Fried
   Breakfast Potatoes
- Edamame Succotash
- Chinese Soy Sauce-Braised Eggs (GF)
- Bacon

### SUNDAY

- Assorted Cold Cereals
- Assorted Fresh-Cut Fruit
- Steamed Buns
- BBQ Chicken
   Drumsticks
- Crisp Potatoes Anna with Caramelized Onions
- Plain Yogurt (Nonfat)
- Scrambled Eggs

### **MONDAY**

- Plain Yogurt (Nonfat)
- Assorted Fresh-Cut Fruit
- Assorted Cold Cereals
- Golden-Brown Tater
   Tots
- Fresh Scrambled Eggs
- Sticky BBQ Ginger Chicken Thighs
- Poached Eggs
- Bacon & Cheddar Scrambled Eggs

### TUESDAY

- Plain Yogurt (Nonfat)
- Assorted Fresh-Cut Fruit
- Assorted Cold Cereals
- Crisp Potatoes Anna with Caramelized Onions
- Hardboiled Eggs
- Breakfast Sausage Links
- Pancakes

### WEDNESDAY

- Plain Yogurt (Nonfat)
- Assorted Fresh-Cut Fruit
- Assorted Cold Cereals
- Baked Potato Pancakes
- Breakfast Sausage Links
- Classic Fried Eggs
- Beef Meatballs
- Scrambled Eggs

### **THURSDAY**

- Plain Yogurt (Nonfat)
- Assorted Fresh-Cut Fruit
- Assorted Cold Cereals
- Cheese Frittata
- Fresh Scrambled Eggs
- Golden-Brown Tater Tots
- Steamed Buns
- Bacon

- Plain Yogurt (Nonfat)
- Assorted Fresh-Cut Fruit
- Assorted Cold Cereals
- Fresh ScrambledEggs
- Poached Eggs
- Apple Cinnamon Oatmeal
- Smoked Bratwurst
- Baked PotatoPancakes







## Weekly Lunch Menu

### 11/30 - 12/06/2019

SATURDAY

### SUNDAY

### **MONDAY**

- Cream of Asparagus Soup
- Arugula Salad with Balsamic Dressing
- Balsamic Brown Rice
   Garbanzo Bean Salad
- Build-Your-OwnGarden Salad
- Mediterranean White Bean Salad
- Quinoa Pilaf with Bell Peppers
- Assorted Fresh-Cut Fruit
- Genoa Salami
- House-Made Basil
   Pesto Hummus
- Gouda
- Tuna Salad
- Havarti
- Maple-Glazed Butternut Squash
- Naan
- Sautéed Coconut
   Curry Chicken
- Simply Steamed Kale
- Curried Chickpeas
- Brown Rice

### **TUESDAY**

- Creamy Seafood Chowder
- Build-Your-OwnGarden Salad
- Balsamic Brown Rice
   Garbanzo Bean Salad
- Quinoa Pilaf with Bell Peppers
- Farro, Corn, & Arugula Salad
- Mediterranean White Bean Salad
- Gouda
- House-Made Basil
   Pesto Hummus
- Corned Beef
- Assorted Fresh-Cut Fruit
- Asian Sesame
   Chicken Salad
- Kale & Cabbage
   Slaw with Balsamic-Lime Vinaigrette
- Homestyle Meatloaf
- Beef Gravy
- Lentil Loaf
- Whipped Potatoes with Butter
- Simply Steamed Cauliflower
- Steamed &Seasoned Sweet Corn

### WEDNESDAY

- Spiced Butternut Squash Soup
- Balsamic Brown Rice
   & Garbanzo Bean Salad
- Build-Your-OwnGarden Salad
- Bulgur Wheat & Kale Salad
- Quinoa & Orange Salad
- Mediterranean White Bean Salad
- Corned Beef
- Gouda
- Egg Salad
- Classic Hummus
- Asian Sesame
   Chicken Salad
- Chili con Carne
- Hearty Bulgur Chili
- Baked Lemon Cod
- Four-Mushroom Ragout with Fresh Herbs
- Sweet Cornbread
- Southwestern Red Beans & Rice
- Simply Steamed Bok Choy
- Sautéed Edamame & Mixed Vegetables

### **THURSDAY**

- Chicken Noodle Soup
- Assorted Fresh-Cut Fruit
- Build-Your-Own Garden Salad
- Creamy Pasta Primavera
- Quinoa & Orange Salad
- Mediterranean White Bean Salad
- Classic Hummus
- Corned Beef
- American Cheese
- Classic Egg Salad
- Monterey Jack
- House-Roasted
   Turkey Breast
- Gouda
- Ham
- Potato & Cheddar Pierogies
- Smoked Bratwurst with Sauerkraut
- Slow-Roasted Beets
- Roasted Red Potato Wedges
- Simply Steamed Broccoli
- Barley & Mushroom Risotto

- Creamy Tomato and Fresh Basil Soup
- Assorted Fresh Fruit
- Build-Your-Own Garden Salad
- Sesame Ginger Soba Noodle Salad
- Cilantro-Lime Black
  Bean, Corn, &
  Edamame Salad
- Quinoa & Orange
   Salad
- American Cheese
- Classic Grilled Chicken Breast
- Ham
- Swiss
- Corned Beef
- Dijon Egg Salad
- Sun-Dried Tomato Hummus
- Flatbread Pepperoni
   Pizza
- Cheese Pizza
- Cheese Pizza (GF)
- Pepperoni Pizza (GF)
- Corn
- Roasted Vegetable Medley
- Vegetarian Fried Rice (GF)







## Weekly Dinner Menu

### 11/30 - 12/06/2019

### SATURDAY

- Hearty Vegetable Rice Soup
- Classic Caesar Salad
- Calico Brown Rice Salad
- Calico Brown Rice
   Salad
- House-Made Basil
   Pesto Hummus
- Homestyle Beef Gravy
- House-Roasted Beef
- Rosemary-Garlic
   Roasted Potatoes
- Quinoa Pilaf with Bell Peppers
- Simply Steamed Broccoli
- Corn

### SUNDAY

- Cauliflower Soup
- Classic Caesar Salad
- Calico Brown Rice Salad
- Cucumber, Tomato,& Garbanzo Salad
- House-Made Basil
   Pesto Hummus
- Simply Steamed Zucchini
- Tortilla Chips
- Sautéed Parsnips with Butter
- Sticky BBQ Ginger Chicken Thighs
- Shrimp Fried Rice
- Veggie Fried Rice

### **MONDAY**

- Cream of Asparagus Soup
- Arugula Salad with Balsamic Dressing
- Build-Your-OwnGarden Salad
- Balsamic Brown Rice
   & Garbanzo Bean Salad
- Genoa Salami
- House-Made Basil
   Pesto Hummus
- Curried ChickenSalad with Apples
- Gouda
- Mashed Potatoes with Green Onion
- House-Roasted Montreal Pork Loin
- Pork Gravy
- Japanese Agedashi Tofu (GF)
- Pop Overs (Yorkshire Pudding)
- Simply Steamed Peas and Corn
- Sautéed Green Beans
- Cod au Gratin

### **TUESDAY**

- Creamy Seafood Chowder
- Build-Your-OwnGarden Salad
- Kale & Cabbage Slaw with Balsamic-Lime Vinaigrette
- Lemon-Basil White Bean & Zucchini Salad
- Genoa Salami
- House-Made Basil
   Pesto Hummus
- Curried Chicken Salad with Apples
- Gouda
- Sweet & Sour Kosher Meatballs
- Traditional Tofu and Vegetable Stir-Fry
- Shrimp Fried Rice
- Simply Steamed Zucchini
- Honey-Glazed Carrots

### WEDNESDAY

- Spiced Butternut
   Squash Soup
- Build-Your-OwnGarden Salad
- Balsamic Brown Rice
   & Garbanzo Bean Salad
- Quinoa & Orange Salad
- Corned Beef
- Gouda
- Asian Sesame
   Chicken Salad
- Hummus
- Cheddar-Jack
   Chicken Breast with
   Bacon
- Penne & Roasted Garden Vegetable Alfredo
- Rice Pilaf
- Baked Italian
   Vegetable Medley with
   Tomatoes and
   Parmesan
- Simply Steamed Broccoli
- Herb-Glazed Carrots

### **THURSDAY**

- Chicken Noodle Soup
- Build-Your-OwnGarden Salad
- Cucumber & Tomato
   Salad
- Quinoa & Orange Salad
- Creamy Pasta
   Primavera
- Corned Beef
- Ham
- American Cheese
- Gouda
- Classic Egg Salad
- Monterey Jack
- Chipotle Roasted Chicken Drumsticks
- Deep-Fried Barbecue Tofu
- Sautéed Vegetable Medley
- Simply Steamed Carrots
- Roasted Southwest Yukon Gold & Sweet Potatoes

### **FRIDAY**

- Creamy Tomato and Fresh Basil Soup
- Assorted Fresh Fruit
- Build-Your-OwnGarden Salad
- Cilantro-Lime Black Bean, Corn, &

Fdamame Salad

- Sesame Ginger Soba
   Noodle Salad
- Quinoa & Orange Salad
- Dijon Egg Salad
- American Cheese
- Swiss
- Ham
- Corned Beef
- Classic Grilled Chicken Breast
- Sun-Dried Tomato
   Hummus
- Simply Steamed
   Peas and Corn
- Roasted SpaghettiSquash
- Macaroni & Cheese
- Cacio e Pepe (Pasta with Cheese & Black Pepper)
- Garlic Bread with Cheese
- Pasta Primavera(GF)



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# Weekly Snack Menu

# 11/30 - 12/06/2019

