

Breakfast							
Monday 2/19		Tuesday 2/20		Wednesday 2/21		Thursday 2/22	
Friday 2/23		Saturday 2/24		Sunday 2/25			
ENTREE	OATMEAL SCRAMBLED EGG MAPLE PORK LINKS HASH BROWN PATTIES HARD BOILED EGG BYO SANDWICH: SAUSAGE, EGG, BAGEL	OATMEAL SCRAMBLED EGG BACON ROASTED POTATOES HARD BOILED EGG BYO SANDWICH: BACON, EGG & CHEESE BISCUIT	OATMEAL EGGS BENEDICT Vegan Sausage Patty O'BRIEN POTATOES HARD BOILED EGG BYO SANDWICH: EGG & CHEESE CROISSANT	OATMEAL SCRAMBLED EGG BACON TATER TOTS HARD BOILED EGG BYO SANDWICH: BREAKFAST TACO	OATMEAL FRIED EGG SAUSAGE PATTY ROASTED RED POTATOES HARD BOILED EGG BYO SANDWICH: SAUSAGE, EGG & CHEESE CROISSANT		
	BUTTERMILK PANCAKES STEAMED SPINACH	BANANA PANCAKE STEAMED BROCCOLI	FRENCH TOAST SAUTEED MUSHROOMS	CHOCOLATE CHIP PANCAKE STEAMED SPINACH	BANANAS FOSTER FRENCH TOAST STEAMED BROCCOLI		
	VEGAN PANCAKES SPICED QUINOA	VEGAN PANCAKE SPICED QUINOA	VEGAN PANCAKES SPICED QUINOA	VEGAN PANCAKES SPICED QUINOA	VEGAN PANCAKES SPICED QUINOA		
MOWG STATION	GF PANCAKE	BANANA PANCAKE	FRENCH TOAST	CHOCOLATE CHIP PANCAKE	BANANAS FOSTER FRENCH TOAST		

LUNCH

Soup	CREAM OF SPINACH MOROCCAN CHICKPEA V	CARROT GINGER V MISO BROTH V	CHICKEN NOODLE VEGETABLE BEAN V	ITALIAN WEDDING BUTTERNUT BISQUE V	NEW ENGLAND CLAM FRENCH ONION	OATMEAL	OATMEAL
MAIN LINE 1	CAESAR SALAD STATION – CHOICE OF GRILLED CHICKEN VEGAN CHICKEN CAESAR SALAD MWOG V	TURKEY BURRITO WITH MANGO SALSA MWOG AVAILABLE CHARRO BEANS V	CHIPOTLE PORK & AVOCADO WRAP ONION RINGS	ITALIAN PORK AND SPINACH HOAGIE PARMESAN POTATO CHIPS GRILLED ZUCCHINI	TRICKED OUT CHICKEN SANDWICH TRICKED OUT VEGAN CHICKEN SANDWICH V STEAMED FRESH BROCCOLI	BACON TATER TOTS	PORK SAUSAGE LINKS O’BRIEN POTATOES
MAIN LINE 2	NORTHEAST FAMILY FARM BEEF BURGERS & CABOT CHEDDAR BURGERS MWOG	GRILLED GREEN BEANS JASMINE RICE	BAKED MACARONI & VERMONT CHEDDAR CHEESE VEG MWOG AVAILABLE	GRILLED VERMONT CHEDDAR CHEESE SANDWICH VEG FRENCH FRIES	HOMESTYLE MACARONI SALAD VEG RANCH POTATO CHIPS	CHOCOLATE CHIP PANCAKES SCRAMBLED EGGS	FRENCH TOAST SCRAMBLED EGGS
MAIN LINE 3	SEASONED TWISTER FRIES V GARDEN VEGETABLES V	CHAR SIU PORK LOIN GARLIC GINGER ROASTED BROCCOLI V	MEATBALL SUB MWOG AVAILABLE BALSAMIC GLAZED ROASTED CARROTS	MISTY KNOLL FARM RANCH SEASONED CHICKEN ROASTED DIJON RED POTATOES	TRICKED OUT CHICKEN SANDWICH TRICKED OUT VEGAN CHICKEN SANDWICH V STEAMED FRESH BROCCOLI	BISCUITS & SAUSAGE GRAVY STEAMED FRESH BROCCOLI	SAUSAGE, BROCCOLI & CHEDDAR BREAKFAST SCRAMBLE
PASTA BAR	CAVITAPPI V SPAGHETTI SAUCE V MWOG PASTA	ROTINI V ALFREDO SAUCE VEG MWOG PASTA	BOW TIES V MEAT SAUCE MWOG PASTA	GEMELLI V MARNIARA SAUCE V MWOG PASTA	PENNE V ARRABIATA SAUCE V MWOG PASTA	WAFFLE BAR	WAFFLE BAR
VEGAN STATION	EARTH SKY TIME FARM VERMONT GOLDBURGER MWOG V BLANCHED KALE SEASONED BLACK BEANS	PORTOBELLO & BRUSSEL SPROUT SAUTE OVER HARISSA BARLEY AND JALAPENO GREEN PEA MASH	SAUTEED VEGETABLES & SUN DRIED TOMATOES WITH TOASTED LEMON COUSCOUS AND RED PEPPER HUMMUS	TEMPEH “CHICKEN” SALAD SANDWICH ON EARTH SKY THIME FARM BREAD LENTIL BEAN SALAD WITH RED WINE VINAIGRETTE	STIR FRIED KOREAN BBQ TOFU AND VEGETABLES STICKY RICE	VEGAN SAUSAGE PATTIES VEGAN WAFFLES VEGAN PANCAKES	VEGAN SAUSAGE PATTIES VEGAN WAFFLES VEGAN PANCAKES
MWOG Station	ROASTED VEGETABLE TOPPED HUMMUS PLATE CHERMOULA TOMATO CHICKPEA SALAD V	CHEF SALAD PLATTER GARLIC HERB BREADSTICKS	THAI CHICKEN LETTUCE WRAP VEGAN THAI CHICKEN LETTUCE WRAP V	CURRIED CHICKPEAS V BASMATI RICE	BEEF GOULASH ROASTED MUSHROOMS V		
							V (Made Without Gluten) or Option Available VEG – Vegetarian V – Vegan

DINNER

MAIN LINE 1	BEEF KOFTA KEBAB PITA WITH GREEN MOUNTAIN DAIRY YOGURT TZATZIKI, HUMMUS, PICKLED ONION & TOMATO	CHICKEN MAKHANI (INDIAN BUTTER CHICKEN) MWOG BASMATI RICE	CHIPOTLE-ORANGE CHICKEN BREAST MWOG REFRIED BEANS MWOG V BLACK BEAN & ROASTED CORN SALSA MWOG V	SEARED SALMON WITH PAPAYA, PEPPER AND LIME SALSA MWOG GLAZED SWEET POTATOES VEG	JASMINE RICE GENERAL TSO CHICKEN MWOG	CHICKEN MARSALA MWOG DELMONICO POTATOES KALE WITH BALSAMIC ONIONS V	ZUCCHINI, PARMESAN & HERB CRUSTED ALASKAN COD SEASONED CARROTS V
MAIN LINE 2	ROASTED GARLIC POTATOES V SEASONED STEAMED GREEN BEANS V	ALOO GOBI V NAAN BREAD VEG	JASMINE RICE BEEF AND BROCCOLI TERIYAKI STIR FRY MWOG	ROASTED MISTY KNOLL FARM BREAST OF TURKEY HERB STUFFING VEG	GENERAL TSO VEGAN CHICKEN MWOG V SESAME SPINACH V	NORTEAST FAMILY FARM BEEF BURGERS & CABOT CHEDDAR BURGERS MWOG	CHEESE PIZZA VEG PEPPERONI PIZZA
MAIN LINE 3	MISTY KNOLL CHICKEN & VEGETABLE INDIVIDUAL POT PIES	VEGAN CHICKEN MAKHANI (VEGAN CHICKEN IN ALMOND MILK & CASHEW SAUCE) BASMATI RICE MWOG V	TOFU & BROCCOLI TERIYAKI STIR FRY MWOG V ROASTED BUTTERNUT SQUASH & PORTOBELLO MUSHROOMS MWOG V	CREAMY GARLIC MASHED POTATOES V PAN GRAVY MWOG STEAMED CORN V	SESAME RICE NOODLE SALAD MWOG V	EARTH SKY TIME FARM VERMONT GOLDBURGER MWOG V FRENCH FRIES	MARGHERITA PIZZA WITH MAPLEBROOK FRESH MOZZARELLA, BASIL & PLUM TOMATOES VEG
PASTA BAR	CAVITAPPI V SPAGHETTI SAUCE V MWOG PASTA	ROTINI V ALFREDO SAUCE VEG MOWG PASTA	BOW TIES V MEAT SAUCE MWOG PASTA	GEMELLI V MARINARA SAUCE V MWOG PASTA	PENNE V ARRABIATA SAUCE V MWOG PASTA		
VEGAN STATION	GREEK BLACK BEAN BURGER WITH TOMATO, CUCUMBER ONION & VEGAN TZATZIKI SAUCE	SWEET CHILI TOFU & VEGETABLE SAUTE WITH PINAPPLE AND JASMINE RICE V	FIVE SPICED SEITAN & VEGETABLE QUINOA BOWL	TEMPEH & VEGETABLE FAJITAS MWOG	CAULIFLOWER STEAKS WITH SPICY KALE & PEANUT PESTO MWOG	VEGAN CHILI CON CARNE WITH SALSA, PEPPERS AND CRISP CORN CHIPS MWOG	VEGAN CAVATAPPI ALFREDO
MWOG Station	MIGAS RANCHERO – SCRAMBLE OF EGGS, CHILIS & JACK CHEESE WITH AVOCADO, PICO DE GALLO, TORTILLAS & CILANTO LIME CREMA VEG	CARVED BAKED PIT HAM WITH LYONNAISE POTATOES	THAI COCONUT CURRIED VEGETABLE STEW OVER JASMINE RICE AND LENTILS V	NORTEAST FAMILY FARM BEEF PATTIE TOPPED WITH LEMON CILANTRO SLAW AND SRIRACHA-SCALLION AIOLI	VEGAN CAESAR WEDGE SALAD WITH ROASTED BUTTERNUT SQUASH & VEGAN PARMESAN CHEESE V		MWOG CHEESE PIZZA MWOG VEGAN CHEESE PIZZA V
							MWOG (Made Without Gluten) VEG – Vegetarian V – Vegan