## **BREAKFAST**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	3/12	3/13	3/14	3/15	3/16	
ENTREE	OATMEAL SCRAMBLED EGG BACON HASH BROWN PATTY HARD BOILED EGG BYO SANDWICH: EGG & CHEESE BAGEL	OATMEAL SCRAMBLED EGG MAPLE SAUSAGE LINKS SWEET POTATO TOTS  HARD BOILED EGG BREAKFAST QUESADILLA	OATMEAL SCRAMBLED EGG EGGS BENEDICT SAUSAGE PATTIES O'BRIEN POTATOES HARD BOILED EGG BYO SANDWICH: EGG, SAUSAGE & CHEESE MUFFIN	OATMEAL SCRAMBLED EGG BACON TATER TOTS BREAKFAST BURRITO	OATMEAL FRIED EGG MAPLE SAUSAGE LINK ROASTED RED POTATOES HARD BOILED EGG BYO SANDWICH: EGG & CHEESE CROISSANT	
	BUTTERMILK PANCAKES STEAMED SPINACH	FRENCH TOAST STEAMED BROCCOLI	BUTTERMILK PANCAKES SAUTEED MUSHROOMS	CHOCOLATE CHIP PANCAKE STEAMED SPINACH	BLUEBERRY PANCAKE STEAMED BROCCOLI	
	VEGAN PANCAKES VEGGIE SAUSAGE PATTIES SPICED QUINOA	VEGAN PANCAKE VEGGIE SAUSAGE PATTIES SPICED QUINOA	VEGAN PANCAKES VEGGIE SAUSAGE PATTIES SPICED QUINOA	VEGAN PANCAKESVEGGIE SAUSAGE PATTIES SPICED QUINOA	VEGAN PANCAKES VEGGIE SAUSAGE PATTIES SPICED QUINOA	
MWOG Station	BUTTERMILK PANCAKES	FRENCH TOAST	BUTTERMILK PANCAKES	CHOCOLATE CHIP PANCAKE	BLUEBERRY PANCAKES	

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## LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	3/12	3/13	3/14	3/15	3/16	3/17	3/18
SOUP	BROCCOLI CHICKEN NOODLE	KOREAN VEGETABLE BROTH ITALIAN WEDDING	CHICKEN & RICE FLORENTINE BUTTERNUT BISQUE	CREAM OF MUSHROOM  CURRIED  CAULIFLOWER	NEW ENGLAND CLAM  ROASTED CORN &  POTATO	OATMEAL	OATMEAL
MAIN LINE 1	CHORIZO & EGG BURRITO WITH SALSA VERDE & QUESO FRESCO HOUSE MADE TORTILLA CHIPS	ASIAN INSPIRED CHOPPED SALAD WITH BOK CHOY, QUINOA, EDAMAME, GREENS WITH GINGER MISO VINAIGRETTE	FRENCH FRIES SEASONED CORN GRILLED MIXED VEGETABLES	BEEF BIBIMBAP OR TOFU BIBIMBAP BOWL WITH SESAME SPINACH, STICKY RICE AND FRIED EGG	FAROE ISLAND SALMON BLT BAGUETTE WITH VERMONT SMOKEHOUSE APPLEWOOD BACON AND PESTO MAYONNAISE	BACON TATER TOTS	MAPLE SAUSAGE LINKS O'BRIEN POTATOES
MAIN LINE 2	HERB ROASTED RED POTATOES ROASTED GARLIC BRUSSELS SPROUTS	TRICKED OUT CHICKEN SANDWICH TRICKED OUT VEGAN CHICKEN SANDWICH	NORTHEAST FAMILY FARM BEEF BURGERS & CABOT CHEDDAR CHEESE BURGERS MWOG ROLLS AVAILABLE	MEXICAN RICE SEASONED BLACK BEANS	CABOT CHEDDAR QUESADILLA CHIPOTLE CHICKEN QUESADILLA	BLUEBERRY PANCAKES	FRENCH TOAST
MAIN LINE 3	FALAFEL PITA WITH SEASONED YELLOW RICE, VEGETABLES, HARISSA AND TAHINI SAUCE	SQUASH SAUTE' WITH ROASTED GRAPE TOMATOES ROASTED BEETS	EARTH SKY TIME FARM GOLDBURGER MWOG V ASSORTED BURGER TOPPINGS	SLICED CHIPOTLE & ROASTED GARLIC LOIN OF PORK WITH PINEAPPLE SALSA	CILANTRO LIME BROWN RICE SOUTHWEST GREEN BEANS		
PASTA BAR	CAVATAPPI SPAGHETTI SAUCE MWOG PASTA	ROTINI ALFREDO SAUCE MWOG PASTA	BOW TIES MEAT SAUCE MWOG PASTA	GEMELLI MARINARA SAUCE MWOG PASTA	PENNE ARABIATA SAUCE MWOG PASTA	WAFFLE BAR	WAFFLE BAR
VEGAN STATION	VEGAN CHICKEN KALE CAESAR SALAD, CHICKPEA CROUTONS, ALMOND PARMESAN	KOREAN-STYLE MAPO TOFU WITH JASMINE RICE	ZUCCHINI NOODLES WITH VEGAN BEEF BOLOGNESE, VEGAN PARMESAN CHEESE & GARLIC CROSTINI	TERIYAKI SEITAN & RICE NOODLES WITH ROASTED SHIITAKE MUSHROOMS, SAUTEED VEGETABLES	CHICKPEA TAGINE WITH COUS COUS, CHERMOULA SAUCE AND GRILLED PITA	VEAN SAUSAGE PATTIES VEGAN WAFFLES VEGAN PANCAKES	VEGAN SAUSAGE PATTIES VEGAN WAFFLES VEGAN PANCAKES
MWOG Station	MISTY KNOLL FARM BONE-IN CHICKEN TANDOORI CHANNA MASALA	MISTY KNOLL FARM ROAST TURKEY BREAST PANINI WITH APPLEWOOD BACON, SPINACH, PROVOLONE AND DIJON	CHIPOTLE LIME SHRIMP TOSTADA WITH SPICED BLACK BEAN SPREAD, AVOCADO AND FRESH JALAPENO	SPINACH & KALE SALAD WITH GRILLED CHICKEN, GRAPES, BLEU CHEESE, CRAISINS AND TOASTED SUNFLOWER SEEDS WITH BALSAMIC VINAIGRETTE	SWEET ITALIAN SAUSAGE WITH ROASTED HERB POTATOES, OLIVES AND CHARRED FENNEL	BLUEBERRY PANCAKES	FRENCH TOAST

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## **DINNER**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	3/12	3/13	3/14	3/15	3/16	3/17	3/18
MAIN LINE 1	SAUTEED BREAST OF CHICKEN WITH ROASTED CHICK PEAS, STEAMED KALE AND BALSAMIC GLAZE & FARRO RISSOTO	GRILLED LEMON CHICKEN WITH SAUTEED TOMATOES & KALE OVER FRESH PASTA GARLIC BREAD	SWEET & SOUR PORK MWOG STICKY RICE	WARMED FLOUR TORTILLAS  GRILLED CHICKEN FAJITAS MWOG VEGAN CHICKEN FAJITAS V	SAUSAGE & MUSHROOM CAVATAPPI LEMON BROCCOLI V	SPINACH & MAPLEBROOK RICOTTA PIZZA CLASSIC CHEESE PIZZA	SWEEDISH MEATBALLS BUTTERED EGG NOODLES
MAIN LINE 2	VEGETABLE FRIED RICE V SEARED BOK CHOY V	BALSAMIC GLAZED ROASTED CARROTS BAVARIAN CABBAGE	SWEET CHILI FRIED GREEN BEANS CHILI ROASTED CORN	WARMED CORN TORTILLAS MWOG VEGETABLE FAJITAS MWOG	SESAME RICE NOODLE SALAD MWOG	CAESAR SALAD VEGAN CAESAR SALAD V	SESAME SPINACH VEGAN SWEET & SOUR CHICKEN WITH PEPPERS & PINEAPPLE MWOG V
MAIN LINE 3	CANTONESE STYLE BAKED FISH WITH FRESH GINGER AND SOY	EGG NOODLES BEEF GOULASH MWOG	CHILAQUILES VERDE WITH FRIED EGGS, QUESO FRESCO & CILANTRO LIME CREMA MWOG	SALSA, SOUR CREAM, GUACAMOLE, REFRIED BEANS, CHEDDAR CHEESE	VIETNAMESE PORK CHOPS MWOG JASMINE RICE	PEPPERONI PIZZA  MUSHROOM & ONION PIZZA	SWEET & SOUR CHICKEN WITH PEPPERS & PINEAPPLE MWOG JASMINE RICE
PASTA BAR	CAVITAPPI V SPAGHETTI SAUCE V MWOG PASTA	ROTINI V ALFREDO SAUCE MWOG PASTA	BOW TIES V MEAT SAUCE MWOG PASTA	GEMELLI V MARINARA SAUCE V MWOG PASTA	PENNE V ARABIATA SAUCE V MWOG PASTA		
VEGAN STATION	AVOCADO & VERMONT MAPLE SYRUP GLAZED TEMPEH SANDWICH ON EARTH SKY TIME SESAME SEMOLINA BREAD	CURRIED TOFU SALAD WITH TOASTED PEPITAS AND GOLDEN RAISINS ON A BED OF ARUGULA & BABY KALE MWOG	SEITAN & ROASTED VEGETABLE BURRITO WITH BROWN RICE, BLACK BEANS AND SALSA VERDE	SEASONED TOFU STEAKS ATOP TOASTED COCONUT- CINNAMON RICE AND FRESH PINEAPPLE SALSA MWOG	CHANNA MASALA MWOG BASMATI RICE	CAULIFLOWER FRIED RICE WITH SCRAMBLED TOFU & VEGETABLES MWOG	VEGAN CAVATAPPI ALFREDO GARLIC BREAD
MWOG Station	HONEY-LEMON GLAZED MISTY KNOLL FARM CHICKEN ROASTED SWEET POTATOES		NAM TOK PORK WITH STICKY RICE AND FRIED GREEN BEANS	CILANTRO LIME BAKED ATLANTIC COD WITH SEAONED FRESH BAKED POTATO WEDGES	CHICKEN & BLACK BEAN QUESADILLA WITH MEXICAN SPICED BROWN RICE	VEGAN CHEESE PIZZA PEPPERONI PIZZA	

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