

BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9/17	9/18	9/19	9/20	9/21
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 PANCAKES VEGGIE SAUSAGE PATTIES SPICED QUINOA	VEGAN PANCAKES VEGGIE SAUSAGE PATTIES SPICED QUINOA
MWOG Station	BUTTERMILK PANCAKES	FRENCH TOAST	BUTTERMILK PANCAKES	CHOCOLATE CHIP PANCAKE	BLUEBERRY PANCAKES

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9/17	9/18	9/19	9/20	9/21	9/22	9/23
SOUP	MOROCCAN CHICKPEA V MWOG DF CHICKEN & BROWN RICE MWOG DF	GARLIC GINGER BROTH V MWOG DF BEEF VEGETABLE NOODLE DF	ROASTED CORN CHOWDER VEG BLACK BEAN VEGETABLE V MWOG DF	ANCHO BEEF CHILI MWOG DF MISO BROTH V MWOG DF	NEW ENGLAND CLAM CHOWDER GARDEN VEGETABLE V MWOG DF	OATMEAL	OATMEAL
MAIN LINE 1	TRICKED OUT CHICKEN SANDWICH VEGAN CHICKEN SANDWICH V DF	ITALIAN WRAP CAESAR SALAD MWOG	PULLED BBQ PORK SANDWICH TOPPED WITH TEXAS STYLE SLAW DF SWEET POTATO FRIES V MWOG DF	ROASTED TOMATO, RICOTTA & BASIL BAGUETTE WITH PARMESAN CRISPS VEG CAESAR SALAD VEG MWOG	BEEF BIBIMBAP BOWL MWOG CRISPY TOFU BIBIMBAP BOWL V MWOG DF AVAILABLE WITHOUT FRIED EGG UPON REQUEST	BACON TATER TOTS	MAPLE SAUSAGE LINKS O'BRIEN POTATOES
MAIN LINE 2	MESQUITE POTATO CHIPS V MWOG DF STEAMED CORN V MWOG DF	VEGAN CAESAR SALAD V MWOG DF GARLIC BREAD V DF	ITALIAN ROASTED VEGETABLES V MWOG DF STEAMED YELLOW SQUASH MWOG DF	NORTHEAST FAMILY FARM BEEF BURGERS MWOG DF & CABOT VT CHEDDAR BURGERS MWOG	KOREAN SWEET CHILI CUCUMBER SALAD V MWOG DF ITALIAN GREEN BEANS V MWOG DF	BLUEBERRY PANCAKES	FRENCH TOAST
MAIN LINE 3	ITALIAN SAUSAGE & PEPPERS SUB DF SPAGHETTI SAUCE V MWOG DF	STIR FRIED SZECHUAN SHRIMP & VEGETABLES MWOG DF JASMINE RICE V MWOG DF	PHILLY CHEESESTEAK STROMBOLI STROMBOLI QUATTRO FORMAGGI VEG	SEASONED SHOESTRING FRENCH FRIES V MWOG DF BAKED BEANS V MWOG DF BEYOND BURGER PATTY V MWOG DF	CHICKEN TRATTORIA SANDWICH ON OLIVE ROSEMARY BREAD & PESTO MAYONNAISE		
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 KALE CAESAR SALAD PLATE WITH TOASTED CHICKPEAS, VEGAN CHICKEN & GARLIC FLATBREAD V DF PAS	CALIFORNIA SPICY HUMMUS & AVOCADO CIABATTA V DF	THAI SWEET CHILI TOFU, VEGETABLE & PINEAPPLE SAUTE V MWOG DF JASMINE RICE V MWOG DF PAS	ROASTED CARROTS WITH CAULIFLOWER MASH & KALE CHIMICHURRI V MWOG DF PAS	VEGAN CRAB CAKE REMOULADE ATOP CRUNCHY CABBAGE & CARROT SLAW V DF PAS	VEAN SAUSAGE PATTIES VEGAN WAFFLES VEGAN PANCAKES	VEGAN SAUSAGE PATTIES VEGAN WAFFLES VEGAN PANCAKES
	CHICKEN SANDWICH TOPPING STATION	SALSA BLACK BEANS V MWOG DF BROWN RICE V MWOG DF		CURRIED CHICKPEAS & JASMINE RICE V MWOG DF			FRENCH TOAST

MWOG – Made Without Gluten VEG – Vegetarian V – Vegan PAS – Plated Action Station DF - Dairy Free

DINNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9/17	9/18	9/19	9/20	9/21	9/22	9/23
MAIN LINE 1	GRILLED ANCHO LIME CHICKEN BREAST MWOG DF CHARRO BEANS V MWOG DF	STEAMED STICKY RICE V MWOG DF PORK SHOGAYAKI MWOG DF PAS BOWL	BAKED SALMON GREMOLADA ATOP GREEN BEANS & BLISTERED TOMATOES - ARUGULA SALAD MWOG DF PAS	SESAME PEANUT CHICKEN NOODLE MWOG DF FRIED TOFU SESAME NOODLES MWOG DF	COCOUNUT GREEN CURRY MUSSEL BOWL WITH JASMINE RICE & LIME MWOG DF	VEGAN TEMPEH JAMBALAYA V MWOG DF RED BEANS & RICE V MWOG DF	KALE PESTO CRUSTED COD WITH ROASTED CARROTS & MUSHROOM DUXELLES MWOG PAS
MAIN LINE 2	CILANRTO-LIME BROWN RICE V MWOG DF VEGAN CHORIZO V MWOG DF	KALE KOBACHI V MWOG DF STEAMED CORN V MWOG DF	CALABACITAS V MWOG DF	ROASTED BEETS & CARROTS V MWOG DF	GARLIC BREAD V DF STEAMED CAPRI BLEND VEGETABLES V MWOG DF	CHEESE PIZZA PEPPERONI PIZZA	NORTHEAST FAMILY FARMS BEEF BURGERS MWOG DF CABOT VT CHEDDAR BURGERS MWOG
MAIN LINE 3	ROASTED CHILI SPICED GREEN BEANS V MWOG DF ROASTED CAULIFLOWER V MWOG DF	ROTISSEIRIE-STYLE CHICKEN MWOG DF ROASTED SWEET POTATOES V MWOG DF	PUERCO COMINO MWOG DF TOSTONES V MWOG DF ARROZ ROJO V MWOG DF	GRILLED NORTH COUNTRY SMOKEHOUSE KIELBASA MWOG DF ROASTED RED POTATO HASH V MWOG DF	MARGHERITA CHEESE RAVIOLI VEG VEGAN MARGHERITIA RAVIOLI DF	MUSHROOM & ONION PIZZA MARGARITA PIZZA	SEASONED SHOESTRING FRENCH FRIES V MWOG DF BEYOND BEEF BURGER PATTY V MWOG DF

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	CAESAR SALAD VEG MWOG VEGAN KALE CAESAR SALAD V MWOG DF	
VEGAN	PORTOBELLO MUSHROOM, BRUSSELS SPROUT AND HARISSA SEITAN OVER TOASTED BARLEY AND GREEN PEA MASH V DF PAS	CHANA MASALA THALI PLATE V MWOG DF PAS	BBQ TEMPEH RIBS WITH BAKED BEANS & COLLARD GREENS V MWOG DF PAS	BLACKENED TOFU TACO SALAD WITH TOMATO-CUCUMBER SALAD & FRESH SLICED AVOCADO V MWOG DF PAS	BUTTERNUT SQUASH, BLACK BEAN & QUINOA CHILI PLATE V MWOG DF PAS VEGAN DORITO STYLE TORTILLA CHIPS V MWOG DF	VEGAN AND MWOG PIZZA	VEGAN FRUIT & NUT SALAD WITH QUINOA & BLUEBERRY BALSAMIC VINAIGRETTE V MWOG DF PAS
GRAINS, RICE, BEANS, SIDES	BROWN RICE BEANS	GRILLED NAAN BROWN RICE BEANS	BROWN RICE BEANS	BROWN RICE BEANS	BROWN RICE BEANS	BROWN RICE BEANS	BURGER TOPPING STATION

MWOG – Made Without Gluten
 VEG – Vegetarian
 V – Vegan
 PAS – Plated Action Station
 DF - Dairy Free