

CRLS Menu Cycle- Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (all offerings)	WW Bagel, Yogurt Parfait, (cereal, muffin, fruit)	WW Cinn Bagel, Veg & Cheese Frittata, (cereal, muffin, fruit)	WW Bagel, Egg Sandwich with or without meat (Cereal, Muffin, Fruit)	WW Bagel, Homemade WW Blueberry Pancakes	WW Bagel, French Toast & Scrambled Eggs, Turkey Sausage (cereal, muffins, fruit)
Chef Station	Baked Fish	Taco bar: Seasoned Beef and Chicken	Pulled Pork with Bun	Vietnamese Shaking Chicken	Roasted Turkey Dinner with Dinner Roll
Hot sides	Rice Pilaf Roasted Broccoli and Roasted Cauliflower	Redbeans and Rice Warm Tortilla and hard Shell	Macaroni and Cheese Roasted Butternut Squash Sauted Broccoli Rabe	Brown Rice Sauted Greenbeans and Mushrooms Roasted Carrots	Smashed Potatoes Braised Collard Greens Sweet Corn
Pasta Station	Chicken Pesto Pasta Vegetable of the Day	American Chop Suey Vegetable of the Day	Pasta Bar Vegetable of the Day	Chicken Broccoli Alfredo Vegetable of the Day	Three Cheese Pasta Vegetable of Day
Cold Sides	Tomato Mozz Salad Three Bean Salad Garden Salad	Blackbean and Corn Salad Mexican Street Corn	Cole Slaw with Apples Cucumber Salad Mixed Green Salad	Curry Chickpea Salad Spicy Tomato and Cucumber Spinach and Cranberry Salad	Chicken Caesar Salad Potato Salad Garden Salad
Deli Station	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches
Bistro Station	Hamburger/ Cheeseburger and Grilled Cheese	Steak and Cheese and Cheese Quesadilla	Hamburger/Cheeseburger and Blackbean Burger	Pizza and Roasted Vegetable with Pesto Painini	Caprese Sandwich with or without chicken
Soup Station	Tomato and Whitebean Soup and Italian Wedding Soup	Meat Chili Vegetable Quinoa Chili	Lemon and Chicken Soup Minestrone Soup	Fish Stew and Lentil Soup	Chef's Choice (Meat) Chef's Choice (Veg)
Salad Bar (components)	Antipasto	Greek Salad with Chicken	Chef Salad	Garden Salad with Chicken	Spinach and Apple with Chicken
Media Hot	Stir Fry Tofu with Veggies	Tofu Taco Filling	BBQ Tofu	Vietnamese Shaking Tofu	Roasted Tofu with Veggie gravy
Media Café	Tomato and Pesto Pasta	Veggie Chop Suey	Pasta Bar	Broccoli Alfredo Pasta	Three Cheese Pasta