

CRLS Menu Cycle- Week 5

| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| 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 | Buffalo Chicken Baked with Warm Roll | Taco Bar: Seasoned Beef or Chicken | Pulled Pork with Bun | Caribbean Curry Chicken with warm roll | Chicken Pot Pie Corn Bread |
| Hot sides | Smashed Sweet Potato Roasted Cauliflower Sauted Greenbeans | Redbeans and Rice Warm Tortilla Hard Shell Grilled Vegetables | Macaroni and Cheese Roasted Butternut Squash Sauted Kale | Cilantro Lime Rice Ratatouille Sauted Spinach and Mushrooms | Sauted Collard Greens Sweet Corn |
| Pasta Station | Chicken Broccoli Alfredo Vegetable of the Day | American Chop Suey Vegetable of the Day | Pasta Bar Vegetable of the Day | Meatball Parm Vegetable of the Day | Chicken Caccitore Vegetable of the Day |
| Cold Sides | Three Bean Salad Mediterranean Quinoa Salad Mixed Green Salad | Blackbean and Corn Salsa Mexican Street Corn | Cole Slaw with Apples Cucumber Salad Garden Salad | Caribbean Blackbean Salad Curry Chickpea Salad Arugula Salad | Sauted Collard Greens Sweet Corn |
| 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 | Beef 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 | Buffalo Tofu Bake with Warm Roll | Tofu Taco Filling | BBQ Tofu | Caribbean Curry Veggies | Veggie Pot Pie |
| Media Pasta | Broccoli Alfredo | Veggie Chop Suey | Pasta Bar | Eggplant Parm Pasta | Veggie Caccitore |