

CALIFORNIA STATE UNIVERSITY, LONG BEACH

**BEACHSIDE DINING**

# *Menu Cycles*

FALL 2018 - SPRING 2019

Spring/ Summer

***Cycle 1***

Spring/ Summer

***Cycle 2***

Spring/ Summer

***Cycle 3***

Fall

***Cycle 1***

Fall

***Cycle 2***

Fall

***Cycle 3***

Winter

***Cycle 1***

Winter

***Cycle 2***

Winter

***Cycle 3***

# Menu Cycle Dates

## Fall 2018

| Week Of  | Beachside /Parkside | Hillside |
|----------|---------------------|----------|
| Aug. 27  | S1                  | S3       |
| Sept. 3  | S2                  | S1       |
| Sept. 10 | S3                  | S2       |
| Sept. 17 | S1                  | S3       |
| Sept. 24 | F2                  | F1       |
| Oct. 1   | F3                  | F2       |
| Oct. 8   | F1                  | F3       |
| Oct. 15  | F2                  | F1       |
| Oct. 22  | F3                  | F2       |
| Oct. 29  | F1                  | F3       |
| Nov. 5   | F2                  | F1       |
| Nov. 12  | F3                  | F2       |
| Nov. 26  | F1                  | F3       |
| Dec. 3   | F2                  | F1       |
| Dec. 10  | F3                  | F2       |

## Spring 2019

| Week Of | Beachside /Parkside | Hillside |
|---------|---------------------|----------|
| Jan. 22 | W1                  | W3       |
| Jan. 28 | W2                  | W1       |
| Feb. 4  | W3                  | W2       |
| Feb. 11 | W1                  | W3       |
| Feb. 18 | W2                  | W1       |
| Feb. 25 | W3                  | W2       |
| Mar. 4  | W1                  | W3       |
| Mar. 11 | W2                  | W1       |
| Mar. 18 | W3                  | W2       |
| Mar. 25 | S1                  | S3       |
| Apr. 8  | S2                  | S1       |
| Apr. 15 | S3                  | S2       |
| Apr. 22 | S1                  | S3       |
| Apr. 29 | S2                  | S1       |
| May 6   | S3                  | S2       |

*Meals are counted from Sunday Brunch through the following Saturday Dinner.*

*Menu items may be subject to change*

Spring/ Summer Cycle

**August 27 – September 23**

Fall Cycle

**September 24 – December 20**

Winter Cycle

**January 22 – March 24**

Spring/ Summer Cycle

**March 25 – May 18**

## Selections Always Available

### Breakfast:

- Omelette Bar
- Scrambled Eggs **(E)**
- Oatmeal
- Waffle Bar **(W)**
- Local Fruit

### Lunch:

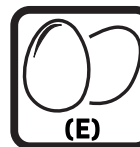
- Salad Bar
- Assorted Dessert Bar
- Chef's Choice
- Build Your Own Sandwich

### Dinner:

- Salad Bar
- Assorted Dessert Bar
- Chef's Choice
- Build Your Own Sandwich

**ADDITIONAL OPTIONS AVAILABLE  
AND LISTED ON FOLLOWING PAGE.**

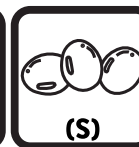
## ALLERGENS



Eggs



Milk



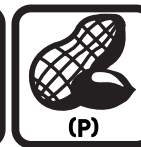
Soy



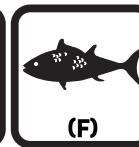
Wheat



Shellfish  
Crustacean



Peanuts



Fish



Tree Nuts

\*Menu Subject to Change



## Selections Always Available

### Breakfast:

- Omelette Bar
- Scrambled Eggs **(E)**
- Oatmeal
- Waffle Bar **(W)**
- Local Fruit

### Lunch:

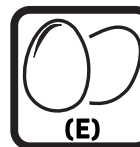
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### Dinner:

- Salad Bar
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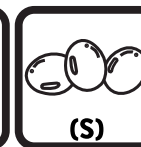
## ALLERGENS



Eggs



Milk



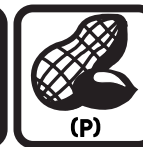
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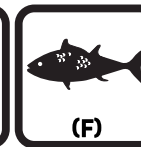
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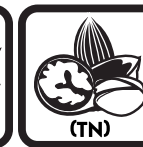
Shellfish  
Crustacean



Peanuts



Fish



Tree Nuts

\*Menu Subject to Change

|                  |                            | M                                       | TU  | W   | TH  | F   | SAT   | SUN                              |
|------------------|----------------------------|---|---|---|---|---|---|----------------------------------|
| <b>BREAKFAST</b> | Hot Cereal Station         | Oatmeal Bar w/ Toppings/ Grits          | Oatmeal Bar w/ Toppings/ Cream of Rice    | Oatmeal Bar w/ Toppings/ Cream of Wheat   | Oatmeal Bar w/ Toppings/ Sweet Rice           | Oatmeal Bar w/ Toppings/ Cinnamon Rice    | Oatmeal/Cream & Wheat                             | Oatmeal/Grits                    |
|                  | Home                       | Veggie Breakfast Patties W/M/E/S        | Veggie Breakfast Patties W/M/E/S          | Veggie Breakfast Patties W/M/E/S          | Veggie Breakfast Patties W/M/E/S              | Veggie Breakfast Patties W/M/E/S          | Veggie Breakfast Patties W/M/E/S                  | Veggie Breakfast Patties W/M/E/S |
|                  | Home                       | Chocolate Chip Pancakes W/M/S           | Chilaquiles W/M                           | French Toast W/M                          | Breakfast Burrito W/E                         | Egg, Ham and Cheese Croissant W/M/E       | Cinnamon Rolls W/M/S                              | Pancakes W/M/E/S                 |
|                  | Home                       | Grilled Ham                             | Carne Asada                               | Kielbasa Sausage                          | Spam w/ Potatoes                              | Bacon                                     | Sausage Links                                     | Little Smokies                   |
|                  | Home                       | Hash Brown                              | Home Style Potatoes                       | Tator Tots                                | Country Potatoes                              | Hash Brown Patty                          | Roasted Herb Potatoes                             | Cottage Fries                    |
| <b>LUNCH</b>     | Soups 1                    | Chicken Enchilada Soup M/S              | Beef & Barley W/S                         | Chicken Tortilla W/M/E                    | Italian Wedding W/M/S                         | Clam Chowder W/M/SF                       | Potato Chowder w/ Bacon W/M/S                     | Chicken & Noodles Soup W         |
|                  | Soups 2                    | Egg Drop Soup E                         | Butternut Squash M                        | Miso Soup S                               | Vegetable Noodle W                            | Tomato Basil W/M                          | Minestrone W                                      | Broccoli Cheddar W/M/S           |
|                  | Salad Bar                  | Cucumber Pickle Salad                   | Rice Salad w/ Shrimp SF                   | Potato & Apple Salad M/E                  | Spicy Korean Salad W/S/F                      | Quinoa & Vegetable Salad                  |   |                                  |
|                  | Deli (Entrée)              | Rotoni w/ Vegetable Salad W/M/S         | Pesto Caesar Salad W/M/E                  | Pho Salad                                 | Asada Nachos M                                | Buffalo Chicken Wrap W/M/E/S              |   |                                  |
|                  | At Home (Entrée)           | Beef Stroganoff W/E                     | Chicken Birria                            | Fried Chicken W/E                         | Stir Fried Chicken w/ Garlic Pepper Sauce W/S | Cod Fish w/ Roasted Bell Pepper Sauce M/F | Meat Lasagna W/M/E/S                              | Chicken Tamale M                 |
|                  | The Bar (Vegetarian/Vegan) | Butternut Squash w/ Pasta W             | Thai Fried Noodles w/ Seasonal Vegetables | Meatless Tinga W/S                        | Asian Noodle w/ Vegetables W/S                | Mac & Cheese W/M/E/S                      | Vegetable Lasagna W/M/E/S                         | Cheese Tamale W/M/S              |
|                  | Grill                      | Ciabatta Buffalo Chicken Sandwich W/M/S | Chicken Tenders W/M/E/S                   | Beachside Sopes w/ Choice of Toppings M/S | Hot Roast Beef Sandwich W/M                   | Torta de Carnitas W/M                     |   |                                  |
|                  | Deli                       | Made To Order Sandwiches                | Made To Order Sandwiches                  | Made To Order Sandwiches                  | Made To Order Sandwiches                      | Made To Order Sandwiches                  | Made To Order Sandwiches                          | Made To Order Sandwiches         |
|                  | Pizza Station (Entrée)     | Mexican Chorizo W/M/S                   | Buffalo Chicken W/M/S                     | Vegetable Calzone W/M                     | Mac & Cheese Pizza W/M/S                      | Eggplant & Basil Pizza W/M/S              |   |                                  |
| <b>DINNER</b>    | Soups 1                    | Chicken Enchilada Soup M/S              | Beef & Barley W/S                         | Chicken Tortilla W/M/E                    | Italian Wedding W/M/S                         | Clam Chowder W/M/SF                       | Potato Chowder w/ Bacon W/M/S                     | Chicken & Noodles Soup W         |
|                  | Soups 2                    | Egg Drop Soup E                         | Butternut Squash M                        | Miso Soup S                               | Vegetable Noodle W                            | Tomato Basil W/M                          | Minestrone W                                      | Broccoli Cheddar W/M/S           |
|                  | Salad Bar                  | Cucumber Pickle Salad                   | Rice Salad w/ Shrimp SF                   | Potato & Apple Salad M/E                  | Spicy Korean Salad W/S/F                      | Quinoa & Vegetable Salad                  |   |                                  |
|                  | Deli (Entrée)              | Southwest Caesar Salad M/E              | Sushi Salad Bowl W/E/S/F                  | Cajun Chicken Wrap W/M                    | Caprese Salad M                               | Apple Walnut Salad TN                     | Fried & Soft Pita w/ Hummus Dip W/M               | Chopped Salad M                  |
|                  | At Home (Entrée)           | Spicy BBQ Chicken                       | Chicken & Spinach Stew W/M                | Flank Steak w/ Chimichurri Sauce          | Lemongrass Chicken                            | Chicken Florentine W/M/S                  | Chile Rojo w/ Beef                                | Swedish Meatballs W/M/S          |
|                  | The Bar (Vegetarian/Vegan) | Chili Mac W/M                           | Thai Chickpea Curry S/F                   | Meatless Stroganof w/ Vegan Pasta S       | Edamame Fried Rice W/S                        | Maricoti w/ Pesto Kale Sauce W/M          | "Calabasitas" Sautéed Squash w/ Tomato & Cheese M | Gardein Beef Teriyaki S          |
|                  | Grill                      | Ham & Cheese "Sincronizadas" W/M        | Hot Dog & Fries "Salchipapas" W/M         | Crispy Onion Burger W                     | Fish & Chips F                                | Grilled Ham & Cheese W/M                  | Pastrami on a Baguette W/M                        | BBQ Pull Pork W/M/E              |
|                  | Deli                       | Made To Order Sandwiches                | Made To Order Sandwiches                  | Made To Order Sandwiches                  | Made To Order Sandwiches                      | Made To Order Sandwiches                  | Made To Order Sandwiches                          | Made To Order Sandwiches         |
|                  | Pizza Station (Entrée)     | Mexican Chorizo W/M/S                   | Buffalo Chicken W/M/S                     | Vegetable Calzone W/M/S                   | Mac & Cheese Pizza W/M/S                      | Eggplant & Basil Pizza W/M/S              |   |                                  |

## Selections Always Available

### Breakfast:

- Omelette Bar
- Scrambled Eggs **(E)**
- Oatmeal
- Waffle Bar **(W)**
- Local Fruit

### Lunch:

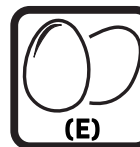
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### Dinner:

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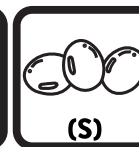
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Eggs



Milk



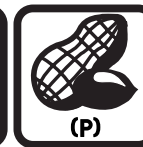
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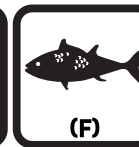
Wheat



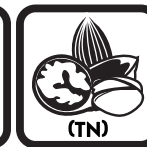
Shellfish  
Crustacean



Peanuts



Fish



Tree Nuts

\*Menu Subject to Change

|           |                               | M                                   | TU                                      | W                                       | TH                                  | F   | SAT                                 | SUN                                 |
|-----------|-------------------------------|-------------------------------------|---|---|-------------------------------------|---|-------------------------------------|-------------------------------------|
| BREAKFAST | Hot Cereal Station            | Grits                               | Cream of Rice                           | Cream of Wheat                          | Sweet Rice                          | Oatmeal Bar w/ Toppings/<br>Cinnamon Rice | Oatmeal/Cream & Wheat               | Oatmeal/Grits                       |
|           | Home                          | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S     | Veggie Breakfast Patties<br>W/M/E/S     | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S       | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S |
|           | Home                          | 49er Muffin w/ Ham<br>W/M/E         | Chorizo & Veggie Burrito<br>W/E         | Egg, Ham & Cheese on Sourdough<br>W/M/E | Waffles<br>W/M/E/S                  | Huevos Rancheros<br>M/E                   | Chocolate Chip Pancakes<br>W/M/S    | Texas French Toast<br>W/M/E/S       |
|           | Home                          | Sausage Patties                     | Sausage Links                           | Corned Beef Hash                        | Bacon                               | Grilled Ham                               | Sausage Patties                     | Kielbasa Sausage                    |
|           | Home                          | Tator Tots                          | Country Potatoes w/ Peppers<br>& Onions | Hash Brown Patties                      | Hashbrowns                          | Home Style Potatoes                       | Cottage Fries                       | Potatoes O' Brien                   |
| LUNCH     | Soups 1                       | Chicken Tortilla Soup<br>W/M/E      | Pozole                                  | Chicken Gumbo<br>W/M/E/S/F              | Albondigas                          | Clam Chowder<br>W/M/SF                    | Vegetable Beef                      | Split Pea & Ham                     |
|           | Soups 2                       | French Onion<br>W/E/S               | Cream of Broccoli<br>W/M/S              | Italian Ravioli<br>W/M/E                | Baked Potato<br>W/M/S               | Minestrone<br>W                           | Corn Chowder<br>W/M/S               | Vegetable                           |
|           | Salad Bar                     | Spanish Potato Salad                | Citrus Kale                             | Fruit Salad w/ Marshmallows             | Apple, Pear & Cucumber Salad        | Eggplant & Couscous Salad<br>W            |                                     |                                     |
|           | Deli (Entrée)                 | Grilled Veggie Wrap<br>W/M          | Watermelon & Feta Salad<br>M            | Beef Taco Salad<br>M                    | BBQ Chicken Salad<br>M/E            | Chicken Ceasar<br>W/M/E/F                 |                                     |                                     |
|           | At Home (Entrée)              | Teriyaki Chicken<br>W/S             | Asian Shrimp Pasta<br>W/SF              | Chicken & Biscuits<br>W/M               | Burrito Bowl                        | Seafood Platter<br>W/S/SF                 | Roasted Pork Loin                   | Chicken Parmesan<br>W/M/S           |
|           | The Bar<br>(Vegetarian/Vegan) | Vegetable Yakisoba Bowl             | Morocan Lentil                          | Avocado Toast<br>M/E/S                  | Cheese Tortellini<br>W/M/E          | Roasted Cauliflower Bowl                  | Au Graten Potatoes<br>M             | Baked Ziti<br>W/M                   |
|           | Grill                         | Club Sandwich<br>W/M/E              | Hot Italian Sub<br>W/M                  | Taquitos Station                        | Po Boy Sandwich<br>W/M/E/SF         | Philly Cheese Steak<br>W/M                |                                     |                                     |
|           | Deli                          | Made To Order Sandwiches            | Made To Order Sandwiches                | Made To Order Sandwiches                | Made To Order Sandwiches            | Made To Order Sandwiches                  | Made To Order Sandwiches            | Made To Order Sandwiches            |
|           | Pizza Station (Entrée)        | Combo<br>W/M/S                      | Pastrami<br>W/M/S                       | Buffalo Chicken<br>W/M/S                | Italian Sausage<br>W/M/S            | Hawaiian<br>W/M/S                         |                                     |                                     |
| DINNER    | Soups 1                       | Chicken Tortilla Soup<br>W/M/E      | Pozole                                  | Chicken Gumbo<br>W/M/E/S/F              | Albondigas                          | Clam Chowder<br>W/M/SF                    | Vegetable Beef                      | Split Pea & Ham                     |
|           | Soups 2                       | French Onion<br>W/E/S               | Cream of Broccoli<br>W/M/S              | Italian Ravioli<br>W/M/E                | Baked Potato<br>W/M/S               | Minestrone<br>W                           | Corn Chowder<br>W/M/S               | Vegetable                           |
|           | Salad Bar                     | Spanish Potato Salad                | Citrus Kale                             | Fruit Salad w/ Marshmallows             | Apple, Pear & Cucumber Salad        | Eggplant & Couscous Salad<br>W            |                                     |                                     |
|           | Deli (Entrée)                 | Southwest Caesar Salad<br>M/E/F     | Crispy Chicken Bacon Wrap<br>W/M/E/S    | Asian Chicken Salad<br>W/E              | Cali Cobb Salad<br>M/E              | Greek Salad<br>W/M                        | Chicken Ranch Wrap<br>W/M/E         | Chop Salad                          |
|           | At Home (Entrée)              | Beef Bourguignon<br>W               | Mediterranean Chicken                   | Shepherd's Pie<br>W/M                   | Chicken Fried Steak<br>W            | Chicken Bacon Alfredo Pasta<br>W/M        | Cod w/ Mango Salsa<br>F             | Peruvian Roasted Chicken            |
|           | The Bar<br>(Vegetarian/Vegan) | Cauliflower & Potato Stew           | Mushroom Stroganoff<br>W/S              | Gardein Beef Fajitas                    | Gardein Beef Tips Fried Rice<br>W/S | Curry Chickpea Vegetable Stew             | Coconut Rice w/ Roasted Peppers     | Cheese Ravioli<br>W/M/E             |
|           | Grill                         | Chipotle Chicken Sandwich<br>W/M/E  | BBQ Pork Patty Ribs<br>W/M/E            | Crispy Chicken Sandwich<br>W/M/S        | Frisco Burger<br>W/M                | Spicy Ranch Chicken Sandwich<br>W/M/E/S   | Hot Wings w/ Dipping Sauces         | Pesto Turkey Flat Bread<br>W/M      |
|           | Deli                          | Made To Order Sandwiches            | Made To Order Sandwiches                | Made To Order Sandwiches                | Made To Order Sandwiches            | Made To Order Sandwiches                  | Made To Order Sandwiches            | Made To Order Sandwiches            |
|           | Pizza Station (Entrée)        | Combo<br>W/M/S                      | Pastrami<br>W/M/S                       | Buffalo Chicken<br>W/M/S                | Italian Sausage<br>W/M/S            | Hawaiian<br>W/M/S                         |                                     |                                     |



FALL  
**Beachside  
CYCLE**

**1**

## Selections Always Available

### Breakfast:

- Omelette Bar
- Oatmeal
- Local Fruit
- Scrambled Eggs **(E)**
- Waffle Bar **(W)**

### Lunch:

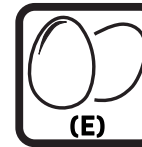
- Salad Bar
- Chef's Choice
- Build Your Own Sandwich
- Assorted Dessert Bar

### Dinner:

- Salad Bar
- Chef's Choice
- Build Your Own Sandwich
- Assorted Dessert Bar

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## ALLERGENS



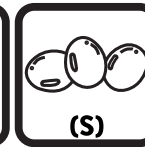
**(E)**

Eggs



**(M)**

Milk



**(S)**

Soy



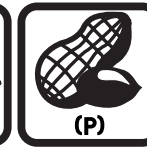
**(W)**

Wheat



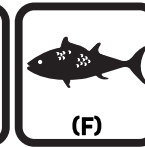
**(SF-C)**

Shellfish  
Crustacean



**(P)**

Peanuts



**(F)**

Fish



**(TN)**

Tree Nuts

\*Menu Subject to Change

|                        |                            | M  | TU                                  | W                                   | TH                                  | F  | SAT                                 | SUN                                 |
|------------------------|----------------------------|--|-------------------------------------|-------------------------------------|-------------------------------------|--|-------------------------------------|-------------------------------------|
| BREAKFAST              | Hot Cereal Station         | Grits                                    | Cream of Rice                       | Cream of Wheat                      | Sweet Rice                          | Cinnamon Rice                            | Cream & Wheat                       | Grits                               |
|                        | Home                       | Veggie Breakfast Patties<br>W/M/E/S      | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S      | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S |
|                        | Home                       | Croissant Sandwich<br>W/M/E              | Pancakes<br>W/M/S                   | Biscuits & Gravy<br>W/M             | Chilaquiles<br>M                    | Egg & Sausage Muffin Sandwich<br>W/E     | Chocolate Chip Pancakes<br>W/M/S    | Texas French Toast<br>W/M/E/S       |
|                        | Bar                        | Scrambled Eggs w/ Vegetables<br>E        | Scrambled Eggs w/ Vegetables<br>E   | Scrambled Eggs w/ Vegetables<br>E   | Scrambled Eggs w/ Vegetables<br>E   | Scrambled Eggs w/ Vegetables<br>E        | Scrambled Eggs w/ Vegetables<br>E   | Scrambled Eggs w/ Vegetables<br>E   |
|                        | Home                       | Cottage Fries                            | Hash Brown                          | Country Potatoes                    | Tater Tots                          | Hash Brown Patty                         | Potatoes O' Brien                   | Roasted Wedge Potatoes              |
| LUNCH                  | Soups 1                    | Chicken Polenta w/ Spinach               | Italian Wedding Soup<br>W/M/S       | Caldo de Res                        | Chicken Noodle Soup<br>W            | Clam Chowder<br>W/M/SF                   | Split Pea Soup w/ Ham               | Chicken Gumbo<br>W/M/E/S/F          |
|                        | Soups 2                    | Broccoli Cheddar<br>W/M/S                | Turkish Lentil                      | Miso Soup<br>S                      | Cream of Potato Soup<br>W/M/S       | Cream & Broccoli<br>W/M/S                | Minestrone<br>W                     | Vegetable Soup                      |
|                        | Salad Bar                  | Lima Beans Salad                         | Carrots, Broccoli & Raisin Salad    | Penne Pasta Salad<br>W              | BLT Salad<br>W/M/E                  | Citrus Kale                              |                                     |                                     |
|                        | Deli (Entrée)              | Italian Pasta Salad<br>W                 | Pho Bar                             | Nacho Bar<br>M                      | Spicy Italian Wrap<br>W/M/E         | Crispy Chicken Salad<br>W/M/E/S          |                                     |                                     |
|                        | At Home (Entrée)           | Fried Chicken<br>W/E                     | Cilantro Chicken Stew               | Chicken Teriyaki<br>W/S             | Chicken & Biscuits<br>W/M           | Cod w/ Mango Salsa<br>F                  | Buffalo Pork Chops<br>M             | Chicken w/ Lemon & Herb Sauce<br>W  |
|                        | The Bar (Vegetarian/Vegan) | Crispy Brussel Sprouts Fried Rice<br>W/S | Chicken Gardein Fajitas<br>W/S      | Veggie Noodles<br>W                 | Vegetable Paella                    | Chile Relleno<br>W/M/E                   | Mac & Cheese<br>W/M                 | Tofu & Edamame Fried Rice<br>W/S    |
|                        | Grill                      | Ortega Chicken Sandwich<br>W/M/E         | Chicken Katsu<br>W/M/S              | Reuben Sandwich<br>W/M/E            | Pork Chop Sandwich<br>W/M/E/S       | California Turkey Club Sandwich<br>W/M/E |                                     |                                     |
|                        | Deli                       | Made To Order Sandwiches                 | Made To Order Sandwiches            | Made To Order Sandwiches            | Made To Order Sandwiches            | Made To Order Sandwiches                 | Made To Order Sandwiches            | Made To Order Sandwiches            |
| Pizza Station (Entrée) | Mexican Pizza<br>W/M/S     | Buffalo Chicken<br>W/M/S                 | Margarita<br>W/M/S                  | Veggie Pizza<br>W/M/S               | Meat Lover<br>W/M/S                 |  |                                     |                                     |
| DINNER                 | Soups 1                    | Chicken Polenta w/ Spinach               | Italian Wedding Soup<br>W/M/S       | Caldo de Res                        | Chicken Noodle Soup<br>W            | Clam Chowder<br>W/M/SF                   | Split Pea Soup w/ Ham               | Chicken Gumbo<br>W/M/E/S/F          |
|                        | Soups 2                    | Broccoli Cheddar<br>W/M/S                | Turkish Lentil                      | Miso Soup<br>S                      | Cream of Potato Soup<br>W/M/S       | Cream & Broccoli<br>W/M/S                | Minestrone<br>W                     | Vegetable Soup                      |
|                        | Salad Bar                  | Lima Beans Salad                         | Carrots, Broccoli & Raisin Salad    | Penne Pasta Salad<br>W              | BLT Salad<br>W/M/E                  | Citrus Kale                              |                                     |                                     |
|                        | Deli (Entrée)              | Chicken Caesar Salad<br>W/M              | BBQ Chicken Salad<br>M/E            | Sushi Bar<br>W/E/S/F                | Chicken Fiesta Salad<br>M/E         | Caesar Salad<br>M/E/F                    | Apple Walnut Salad<br>TN            | Cali Cobb Salad<br>M/E              |
|                        | At Home (Entrée)           | Chile Verde w/ Pork                      | Baked Cod w/ Cilantro Sauce<br>F    | Beef Stroganoff<br>W                | Chile Rojo w/ Beef                  | Chicken Mediterranean                    | Beef Tamale<br>W                    | Chicken Bacon Alfredo Pasta<br>W/M  |
|                        | The Bar (Vegetarian/Vegan) | Sugar Baked Yam                          | Pumpkin & Garbanzo Stew             | Mushroom Stroganoff<br>W            | Beef Gardein Fajitas<br>S           | Vegetarian Pad Thai<br>W/S/SF            | Cheese Tamale<br>W/M/S              | Cheese Ravioli<br>W/M/E             |
|                        | Grill                      | Turkey Burger<br>W/M/E                   | Burrito Al Pastor<br>W              | Turkey Pesto on Flat Bread<br>W/M/E | Grilled Ham & Cheese<br>W/M         | Fish Sandwich<br>W/M/E/F                 | Hamburgers w/ Toppings<br>W/M/E/S   | Beef Dip Sandwich<br>W              |
|                        | Deli                       | Made To Order Sandwiches                 | Made To Order Sandwiches            | Made To Order Sandwiches            | Made To Order Sandwiches            | Made To Order Sandwiches                 | Made To Order Sandwiches            | Made To Order Sandwiches            |
|                        | Pizza Station (Entrée)     | Mexican Pizza<br>W/M/S                   | Buffalo Chicken<br>W/M/S            | Margarita<br>W/M/S                  | Veggie Pizza<br>W/M/S               | Meat Lover<br>W/M/S                      |                                     |                                     |

## Selections Always Available

### Breakfast:

- Omelette Bar
- Scrambled Eggs (E)
- Oatmeal
- Waffle Bar (W)
- Local Fruit

### Lunch:

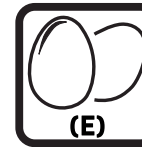
- Salad Bar
- Assorted Dessert Bar
- Chef's Choice
- Build Your Own Sandwich

### Dinner:

- Salad Bar
- Assorted Dessert Bar
- Chef's Choice
- Build Your Own Sandwich

**ADDITIONAL OPTIONS AVAILABLE  
AND LISTED ON FOLLOWING PAGE.**

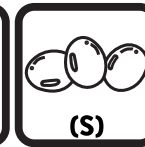
## ALLERGENS



Eggs



Milk



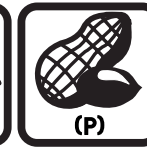
Soy



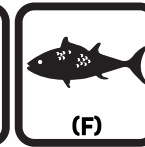
Wheat



Shellfish  
Crustacean



Peanuts



Fish



Tree Nuts

\*Menu Subject to Change

|                        |                               | M                                     | TU                                  | W                                       | TH                                    | F                                   | SAT                                   | SUN                                     |
|------------------------|-------------------------------|---------------------------------------|-------------------------------------|---|---------------------------------------|-------------------------------------|---------------------------------------|---|
| BREAKFAST              | Hot Cereal Station            | Cream of Rice                         | Cream of Wheat                      | Sweet Rice                              | Cinnamon Rice                         | Cream & Wheat                       | Grits                                 | Grits                                   |
|                        | Home                          | Veggie Breakfast Patties<br>W/M/E/S   | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S     | Veggie Breakfast Patties<br>W/M/E/S   | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S   | Veggie Breakfast Patties<br>W/M/E/S     |
|                        | Home                          | Egg & Ham Croissant<br>W/M/E/S        | Chocolate Chip Pancake<br>W/M/E/S   | Breakfast Burrito<br>W/E                | Cinnamon Rolls<br>W/M/S               | Huevos Rancheros<br>M/E             | Waffle Bar<br>W/M/S                   | Biscuits & Gravy<br>W/M/E/S             |
|                        | Home                          | Kielbasa                              | Spam                                | Sausage Link                            | Kielbasa                              | Bacon                               | Little Smokies                        | Sausage Patties                         |
|                        | Home                          | Tater Tots                            | Hash Brown                          | Country Potatoes                        | Cottage Fries                         | Potatoes O' Brien                   | Hash Brown Patty                      | Roasted Herb Potatoes                   |
| LUNCH                  | Soups 1                       | Chicken Pozole                        | Italian Wedding<br>W/M/S            | Chicken Noodle<br>W                     | Beef Barley                           | Clam Chowder<br>W/M/SF              | Sausage & Lentil                      | Enchilada Soup<br>M/S                   |
|                        | Soups 2                       | Vegetable                             | Potato Chowder<br>W/M/S             | Broccoli Chowder<br>W/M/S               | Italian Ravioli<br>M/E/S              | Butternut Squash<br>M               | Broccoli Cheddar<br>W/M/S             | Vegetable Noodle<br>W                   |
|                        | Salad Bar                     | Kale & Persimmon Salad                | Chard Salad<br>W                    | Brussel Sprouts Salad<br>M              | Lentil & Pumpkin Salad                | Spinach & Feta Salad<br>M           |                                       |   |
|                        | Deli (Entrée)                 | Cajun Chicken Wrap<br>W/M/E           | Chipotle Caesar Salad<br>W/M/E/F    | Crispy Chicken Salad<br>W/M/E/S         | Thai Beef Salad<br>S                  | Nacho Bar<br>M                      |                                       |   |
|                        | At Home (Entrée)              | Orange Chicken<br>W/E/S               | Chicken Tandori                     | Mongolian Beef<br>W/S                   | Cajun Chicken                         | Cod w/ Thai Red Curry<br>S/F/SF/TN  | Herb Roast Beef                       | Chicken Fried Steak<br>W                |
|                        | The Bar<br>(Vegetarian/Vegan) | Tofu & Broccoli w/ Curry<br>M/F/SF/TN | Cheese Tortellini Pomodoro<br>W/M/E | Asian Vegetable Noodles<br>W/S          | Avocado Toast<br>M/E/S                | Roasted Cauliflower Bowl            | Ravioli w/ Mushroom Marinara<br>M/E/S | Spinach & Cheese Pasta Casserole<br>W/M |
|                        | Grill                         | Hot Dogs w/ Toppings<br>W/M           | Fish & Chips<br>F                   | Corned Beef Sandwich<br>W/M/E           | Ham & Swiss on Flat Bread<br>W/M      | Chicken Tenders & Fries<br>W        |                                       |   |
|                        | Deli                          | Made To Order Sandwiches              | Made To Order Sandwiches            | Made To Order Sandwiches                | Made To Order Sandwiches              | Made To Order Sandwiches            | Made To Order Sandwiches              | Made To Order Sandwiches                |
| Pizza Station (Entrée) | Hawaiian Pizza<br>W/M/S       | Vegetable Pizza<br>W/M/S              | BBQ Chicken Pizza<br>W/M/S          | Pepperoni w/ Jalapeño Pizza<br>W/M/S    | Combo Pizza<br>W/M/S                  |                                     |                                       |   |
| DINNER                 | Soups 1                       | Chicken Pozole                        | Italian Wedding<br>W/M/S            | Chicken Noodle<br>W                     | Beef Barley                           | Clam Chowder<br>W/M/SF              | Sausage & Lentil                      | Enchilada Soup<br>M/S                   |
|                        | Soups 2                       | Vegetable                             | Potato Chowder<br>W/M/S             | Broccoli Chowder<br>W/M/S               | Italian Ravioli<br>M/E/S              | Butternut Squash<br>M               | Broccoli Cheddar<br>W/M/S             | Vegetable Noodle<br>W                   |
|                        | Salad Bar                     | Kale & Persimmon Salad                | Chard Salad                         | Brussel Sprouts Salad<br>M              | Lentil & Pumpkin Salad                | Spinach & Feta Salad<br>M           |                                       |   |
|                        | Deli (Entrée)                 | Manicotti w/ Pesto                    | Southwest Chicken Salad<br>M/E      | Potato Bar<br>M                         | Apple Walnut Salad                    | Greek Salad                         | Pesto Caesar Salad<br>W/M/E/F         | Classic Caesar<br>M/E/F                 |
|                        | At Home (Entrée)              | Chicken Florentine<br>W/M             | Beef Enchiladas<br>W/M              | Kung Pao Chicken<br>W/E/S               | Lemon Chicken<br>W/S                  | Home Style Meatloaf<br>W/E          | Meat Lasagna<br>W/M/E/S               | Roasted Turkey Breast                   |
|                        | The Bar<br>(Vegetarian/Vegan) | Gardein Beef Teriyaki<br>S            | Cheese Enchiladas<br>W/M            | Eggplant Parmesan<br>M/E/S              | Cauliflower Potato Curry<br>TN        | Baked Zitti Pasta<br>W/M            | Vegetable Lasagna<br>W/M/E            | Sugar Baked Yams<br>M                   |
|                        | Grill                         | BBQ Pull Pork<br>W/M/E/S              | Asada Fries<br>M/E                  | Chicken & Cheese Quesadillas<br>W/M/E/S | Spicy Ranch Chicken Sandwich<br>W/M/E | Fish & Chips<br>F                   | Buffalo Chicken Sandwich<br>W/M/E     | Frisco Burgers<br>W/M                   |
|                        | Deli                          | Made To Order Sandwiches              | Made To Order Sandwiches            | Made To Order Sandwiches                | Made To Order Sandwiches              | Made To Order Sandwiches            | Made To Order Sandwiches              | Made To Order Sandwiches                |
|                        | Pizza Station (Entrée)        | Hawaiian Pizza<br>W/M/S               | Vegetable Pizza<br>W/M/S            | BBQ Chicken Pizza<br>W/M/S              | Pepperoni w/ Jalapeño Pizza<br>W/M/S  | Combo Pizza<br>W/M/S                |                                       |   |

## Selections Always Available

### Breakfast:

- Omelette Bar
- Oatmeal
- Local Fruit
- Scrambled Eggs **(E)**
- Waffle Bar **(W)**

### Lunch:

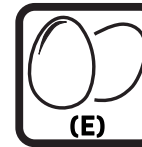
- Salad Bar
- Chef's Choice
- Build Your Own Sandwich
- Assorted Dessert Bar

### Dinner:

- Salad Bar
- Chef's Choice
- Build Your Own Sandwich
- Assorted Dessert Bar

**ADDITIONAL OPTIONS AVAILABLE  
AND LISTED ON FOLLOWING PAGE.**

## ALLERGENS



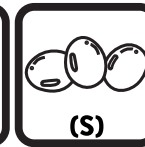
**(E)**

Eggs



**(M)**

Milk



**(S)**

Soy



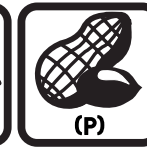
**(W)**

Wheat



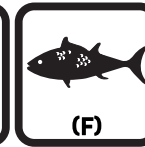
**(SF-C)**

Shellfish  
Crustacean



**(P)**

Peanuts



**(F)**

Fish



**(TN)**

Tree Nuts

\*Menu Subject to Change

|                        |                               | M                                     | TU                                  | W                                   | TH                                   | F                                      | SAT                                 | SUN                                 |
|------------------------|-------------------------------|---------------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|--|-------------------------------------|-------------------------------------|
| <b>BREAKFAST</b>       | Hot Cereal Station            | Cream of Rice                         | Cream of Wheat                      | Sweet Rice                          | Cinnamon Rice                        | Cream & Wheat                          | Grits                               | Grits                               |
|                        | Home                          | Veggie Breakfast Patties<br>W/M/E/S   | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S  | Veggie Breakfast Patties<br>W/M/E/S    | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S |
|                        | Home                          | Breakfast Turkey Croissant<br>W/M/E/S | Naan Breakfast Sandwich<br>W/M/E/S  | Biscuits & Gravy<br>W/M/E/S         | Huevos Rancheros<br>M                | Egg & Sausage Muffin Sandwich<br>W/M/E | Chocolate Chip Pancakes<br>W/M/S    | Texas French Toast<br>W/M/E/S       |
|                        | Home                          | Sausage Patties                       | Grilled Ham                         | Little Smokies                      | Carne Asada                          | Bacon                                  | Sausage Link                        | Kielbasa                            |
|                        | Home                          | Cottage Fries                         | Hash Brown                          | Country Potatoes                    | Tater Tots                           | Hash Browns                            | Cottage Fries                       | Hash Brown Patty                    |
| <b>LUNCH</b>           | Soups 1                       | Chicken Gumbo<br>W/M/E/S/F            | Chicken Tortilla<br>W/M/E           | Green Chili Soup<br>W/M             | Posole                               | Clam Chowder<br>W/M/SF                 | Chicken Noodle<br>W                 | Beef Barley                         |
|                        | Soups 2                       | Roasted Bell Pepper<br>M              | Lentil & Spinach                    | Broccoli Cheddar<br>W/M/S           | Corn Chowder<br>W/M/S                | Tomato Bisque<br>M/S                   | Vegetarian Chili<br>S               | Onion Soup<br>W/E/S                 |
|                        | Salad Bar                     | Beets & Potato                        | Broccoli & Carrots                  | Fennel & Orange                     | Cauliflower & White Bean             | Radish & Cucumbers<br>M                |                                     |                                     |
|                        | Deli (Entrée)                 | Grilled Chicken Salad Wrap<br>W/M/E   | BLT Pasta Salad<br>M/E              | Apple Walnut Salad                  | Southwestern Black Bean Salad<br>M/E | Asian Chicken Salad<br>W/S             |                                     |                                     |
|                        | At Home (Entrée)              | Rosemary Chicken                      | Beef Stroganoff<br>W/M              | Orange Chicken Bowl<br>W/S          | Asian Shrimp Pasta<br>W/SF           | Fried Chicken<br>W/E                   | Roasted Pork Loin                   | Lemon Herb Chicken<br>W             |
|                        | The Bar<br>(Vegetarian/Vegan) | Edamame Fried Rice<br>W/S             | Mushroom Stroganoff<br>W/M          | Vegetable Noodles<br>W              | Gardein Chicken w/ Five Spice<br>W/S | Casamiento (Rice & Beans)              | Spinach Cheese Tortellini<br>W/M/E  | Roasted Cauliflower Bowl            |
|                        | Grill                         | Taco Station<br>M                     | Chicken Tenders<br>W                | Pasta To Order<br>W/M/SF            | Bulgogi Fries<br>M/E                 | Taquitos<br>M                          |                                     |                                     |
|                        | Deli                          | Made To Order Sandwiches              | Made To Order Sandwiches            | Made To Order Sandwiches            | Made To Order Sandwiches             | Made To Order Sandwiches               | Made To Order Sandwiches            | Made To Order Sandwiches            |
| Pizza Station (Entrée) | Carne Asada Pizza<br>W/M/S    | Combo Pizza<br>W/M/S                  | Teriyaki Chicken Pizza<br>W/M/S     | Tofu Pizza<br>W/M/S                 | Spicy Gardein Pizza<br>W/M/S         |  |                                     |                                     |
| <b>DINNER</b>          | Soups 1                       | Chicken Gumbo<br>W/M/E/S/F            | Chicken Tortilla<br>W/M/E           | Green Chili Soup<br>W/M             | Posole                               | Clam Chowder<br>W/M/SF                 | Chicken Noodle<br>W                 | Beef Barley                         |
|                        | Soups 2                       | Roasted Bell Pepper<br>M              | Lentil & Spinach                    | Broccoli Cheddar<br>W/M/S           | Corn Chowder<br>W/M/S                | Tomato Bisque<br>M/S                   | Vegetarian Chili<br>S               | Onion Soup<br>W/E/S                 |
|                        | Salad Bar                     | Beets & Potato                        | Broccoli & Carrots                  | Fennel & Orange                     | Cauliflower & White Bean Salad       | Radish & Cucumbers<br>M                |                                     |                                     |
|                        | Deli (Entrée)                 | Cobb Salad<br>M/E                     | Chipotle Chicken Wrap<br>W/M/E      | Oriental Vegetable Salad            | Potato Chili Bar<br>M                | Greek Salad<br>W/M                     | Caesar Salad<br>W/M/E/F             | Fatoush Salad<br>W/M                |
|                        | At Home (Entrée)              | KungPao Chicken<br>W/S                | Chicken Divan<br>W                  | Flat Steak w/ Chimichurri Sauce     | White Fish in Thai Red Curry<br>S/F  | Lemon Chicken<br>W/S                   | Hot Wings                           | Beef Fajita                         |
|                        | The Bar<br>(Vegetarian/Vegan) | Potato Casserole<br>M                 | Chana Masala Chickpea               | Lentil Stew                         | Tofu w/ Thai Red Curry               | Crispy Tofu w/ Noodles<br>W            | Mac & Cheese<br>W/M                 | Gardein Fajita<br>W/S               |
|                        | Grill                         | Hot Dog w/ all the Fixings<br>M/S     | Reuben Sandwich<br>W/M/E            | Chicken Quesadilla<br>W/M           | BBQ Burger<br>W                      | Pepperjack Chicken Sandwich<br>W/M/E   | 3 Grilled Cheese<br>W/M             | Buffalo Chicken Sandwich<br>W/M/E   |
|                        | Deli                          | Made To Order Sandwiches              | Made To Order Sandwiches            | Made To Order Sandwiches            | Made To Order Sandwiches             | Made To Order Sandwiches               | Made To Order Sandwiches            | Made To Order Sandwiches            |
| Pizza Station (Entrée) | Carne Asada Pizza<br>W/M/S    | Combo Pizza<br>W/M/S                  | Teriyaki Chicken Pizza<br>W/M/S     | Tofu Pizza<br>W/M/S                 | Spicy Gardein Pizza<br>W/M/S         |  |                                     |                                     |

WINTER  
**Beachside  
CYCLE**

# 1

## Selections Always Available

### Breakfast:

- Omelette Bar
- Oatmeal
- Local Fruit
- Scrambled Eggs **(E)**
- Waffle Bar **(W)**

### Lunch:

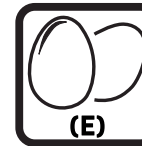
- Salad Bar
- Chef's Choice
- Build Your Own Sandwich
- Assorted Dessert Bar

### Dinner:

- Salad Bar
- Chef's Choice
- Build Your Own Sandwich
- Assorted Dessert Bar

**ADDITIONAL OPTIONS AVAILABLE  
AND LISTED ON FOLLOWING PAGE.**

## ALLERGENS



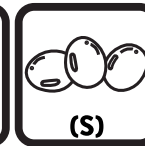
**(E)**

Eggs



**(M)**

Milk



**(S)**

Soy



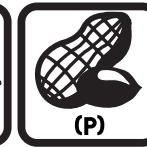
**(W)**

Wheat



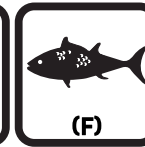
**(SF-C)**

Shellfish  
Crustacean



**(P)**

Peanuts



**(F)**

Fish



**(TN)**

Tree Nuts

\*Menu Subject to Change

|           |                               | M                                   | TU                                  | W   | TH                                   | F                                   | SAT                                 | SUN                                 |
|-----------|-------------------------------|-------------------------------------|-------------------------------------|---|--------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| BREAKFAST | Hot Cereal Station            | Cream of Rice                       | Cream of Wheat                      | Sweet Rice                                | Cinnamon Rice                        | Cream & Wheat                       | Grits                               | Grits                               |
|           | Home                          | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S       | Veggie Breakfast Patties<br>W/M/E/S  | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S |
|           | Home                          | Egg & Ham Croissant<br>W/M/E/S      | Chocolate Chips Pancakes<br>W/M/S   | Biscuits & Gravy<br>W/M/E/S               | Stuffed French Toast<br>W/M/E/S      | Sausage Muffin Sandwich<br>W/M/E/S  | Cinnamon Rolls<br>W/M/S             | French Toast<br>W/M/E/S             |
|           | Home                          | Bacon                               | Grilled Ham                         | Corned Beef Hash                          | Kielbasa                             | Sausage Link                        | Little Smokies                      | Sausage Patties                     |
|           | Home                          | Cottage Fries                       | Hash Brown                          | Country Potatoes                          | Tator Tots                           | Hash Brown Patty                    | Potatoes O' Brien                   | Cottage Potatoes                    |
| LUNCH     | Soups 1                       | Chicken Tortilla<br>W/M/E           | Italian Wedding<br>W/M/S            | Chicken Noodle<br>W                       | Cocido                               | Clam Chowder<br>W/M/SF              | Split Pea & Ham                     | Beef Noodle<br>W                    |
|           | Soups 2                       | Black Bean                          | Cream of Broccoli<br>W/M/S          | Tomato Basil<br>M/S                       | Potato Chowder<br>W/M/S              | Italian Ravioli<br>M/E/S            | Vegetable                           | Tomato Basil<br>M/S                 |
|           | Salad Bar                     | Cauliflower Salad                   | Black Bean Salad                    | Thai Chicken Salad<br>W/S/F/SF/TN         | Fennel & Arugula Salad               | Broccoli & Cauliflower Salad        |                                     |                                     |
|           | Deli (Entrée)                 | Chipotle Chicken Salad<br>M/E       | Taco Salad<br>W/M/E                 | Cajun Chicken Wrap<br>W/M/E               | Crispy Chicken Salad<br>W/M/E/S      | Veggie Wrap<br>W                    |                                     |                                     |
|           | At Home (Entrée)              | Chicken Teriyaki<br>W/S             | Chicken Pot Pie<br>W/M/E            | Pan Seared Cod w/ Tarragon Sauce<br>W/M/F | Spicy Pork Chops                     | Orange Chicken Bowl<br>W/S          | Meat Lasagna<br>W/M/E/S             | Chicken Tamales<br>W/S              |
|           | The Bar<br>(Vegetarian/Vegan) | Gardein Beef Teriyaki<br>W/S        | Chipotle Mac & Cheese<br>W/M        | Avocado Toast<br>M/E/S                    | Spinach & Cheese Tortellini<br>W/M/E | Vegetable Fried Rice<br>W/S         | Vegetable Lasagna<br>W/M/E/S        | Cheese Tamales<br>W/M/S             |
|           | Grill                         | Ham & Cheese Torta<br>W/M/E         | Ham & Jack Flat Bread<br>W/M/E      | Quesadilla Al Pastor<br>W/M               | California Burrito<br>W/M            | Fish Taco<br>M/E/F                  |                                     |                                     |
|           | Deli                          | Made To Order Sandwiches            | Made To Order Sandwiches            | Made To Order Sandwiches                  | Made To Order Sandwiches             | Made To Order Sandwiches            | Made To Order Sandwiches            | Made To Order Sandwiches            |
|           | Pizza Station (Entrée)        | Veggie Pizza<br>W/M/S               | Hawaiian Pizza<br>W/M/S             | Combo<br>W/M/S                            | Buffalo Chicken<br>W/M/S             | Pesto Chicken<br>W/M/S              |                                     |                                     |
| DINNER    | Soups 1                       | Chicken Tortilla<br>W/M/E           | Italian Wedding<br>W/M/S            | Chicken Noodle<br>W                       | Cocido                               | Clam Chowder<br>W/M/SF              | Split Pea & Ham                     | Beef Noodle<br>W                    |
|           | Soups 2                       | Black Bean                          | Cream of Broccoli<br>W/M/S          | Tomato Basil<br>M/S                       | Potato Chowder<br>W/M/S              | Italian Ravioli<br>M/E/S            | Vegetable                           | Tomato Basil<br>M/S                 |
|           | Salad Bar                     | Cauliflower Salad                   | Black Bean Salad                    | Thai Chicken Salad<br>W/S/F/SF/TN         | Fennel & Arugula Salad               | Broccoli & Cauliflower Salad        |                                     |                                     |
|           | Deli (Entrée)                 | Chicken Caesar Wrap<br>W/M/E/F      | Hominy Salad                        | Caesar Salad<br>W/M/E/F                   | Beef Nacho<br>M                      | Pasta Bar<br>W/M                    | Chef Salad                          | Caesar Salad<br>W/M/E/F             |
|           | At Home (Entrée)              | Wing & Things                       | Carnitas                            | Garlic Herb Flank Steak                   | Chicken & Cilantro Casserole         | Chicken Fajita                      | Beef Enchilada<br>W/M/S             | Kung Pao Chicken<br>W/S             |
|           | The Bar<br>(Vegetarian/Vegan) | Cheese Ravioli<br>W/M/E             | Pasta Jambalaya<br>W                | Cheese Tamale<br>W/M/S                    | Gardein Cilantro Casserole           | Gardein Fajita<br>S/W               | Chile Relleno<br>W/M/E              | Vegetable Noodle Stir Fry<br>W/S    |
|           | Grill                         | French Onion Beef Burger<br>W/M     | Sloppy Joe<br>W                     | Chicken Gyro<br>W/M                       | Turkey Burger<br>W/M/E               | Pastrami Sandwich<br>W              | Pesto Chicken Sandwich<br>W/M/E     | Chicken Ranch Sandwich<br>W/M/E     |
|           | Deli                          | Made To Order Sandwiches            | Made To Order Sandwiches            | Made To Order Sandwiches                  | Made To Order Sandwiches             | Made To Order Sandwiches            | Made To Order Sandwiches            | Made To Order Sandwiches            |
|           | Pizza Station (Entrée)        | Veggie Pizza<br>W/M/S               | Hawaiian Pizza<br>W/M/S             | Combo<br>W/M/S                            | Buffalo Chicken<br>W/M/S             | Pesto Chicken<br>W/M/S              |                                     |                                     |



## Selections Always Available

### Breakfast:

- Omelette Bar
- Scrambled Eggs (E)
- Oatmeal
- Waffle Bar (W)
- Local Fruit

### Lunch:

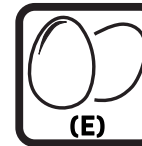
- Salad Bar
- Assorted Dessert Bar
- Chef's Choice
- Build Your Own Sandwich

### Dinner:

- Salad Bar
- Assorted Dessert Bar
- Chef's Choice
- Build Your Own Sandwich

**ADDITIONAL OPTIONS AVAILABLE  
AND LISTED ON FOLLOWING PAGE.**

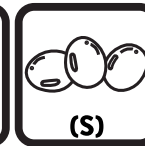
## ALLERGENS



Eggs



Milk



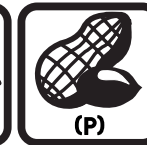
Soy



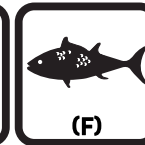
Wheat



Shellfish  
Crustacean



Peanuts



Fish



Tree Nuts

\*Menu Subject to Change



## Selections Always Available

### Breakfast:

- Omelette Bar
- Oatmeal
- Local Fruit
- Scrambled Eggs **(E)**
- Waffle Bar **(W)**

### Lunch:

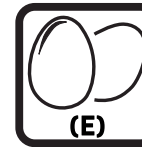
- Salad Bar
- Chef's Choice
- Build Your Own Sandwich
- Assorted Dessert Bar

### Dinner:

- Salad Bar
- Chef's Choice
- Build Your Own Sandwich
- Assorted Dessert Bar

**ADDITIONAL OPTIONS AVAILABLE  
AND LISTED ON FOLLOWING PAGE.**

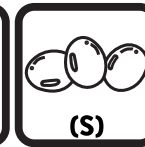
## ALLERGENS



Eggs



Milk



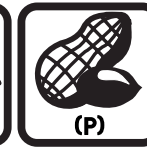
Soy



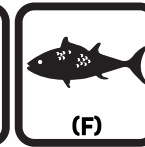
Wheat



Shellfish  
Crustacean



Peanuts



Fish



Tree Nuts

\*Menu Subject to Change

|           |                               | M                                   | TU                                  | W                                     | TH                                  | F                                   | SAT                                 | SUN                                 |
|-----------|-------------------------------|-------------------------------------|-------------------------------------|---------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| BREAKFAST | Hot Cereal Station            | Cream of Rice                       | Cream of Wheat                      | Sweet Rice                            | Cinnamon Rice                       | Cream & Wheat                       | Grits                               | Grits                               |
|           | Home                          | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S   | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S | Veggie Breakfast Patties<br>W/M/E/S |
|           | Home                          | Sausage & Egg Croissant<br>W/M/E/S  | Blueberry Pancakes<br>W/M/E/S       | Biscuit Breakfast Sandwich<br>W/M/E/S | Waffles<br>W/M/E/S                  | French Toast<br>W/E                 | Cinnamon Rolls<br>W/M/S             | Chilaquiles<br>M                    |
|           | Home                          | Sausage Links                       | Grilled Ham                         | Kielbasa                              | Spam                                | Bacon                               | Sausage Link                        | Little Smokies                      |
|           | Home                          | Cottage Fries                       | Hash Brown                          | Country Potatoes                      | Tator Tots                          | Hash Brown Patty                    | Potatoes O' Brien                   |                                     |
| LUNCH     | Soups 1                       | Chicken Tortilla Soup<br>W/M/E      | Pozole                              | Chicken Gumbo<br>W/M/E/S/F            | Albondigas                          | Clam Chowder<br>W/M/SF              | Vegetable Beef                      | Split Pea & Ham                     |
|           | Soups 2                       | Cream of Broccoli<br>W/M/S          | French Onion<br>W/E/S               | Italian Ravioli<br>M/E/S              | Potato Chowder<br>W/M/S             | Minestrone<br>W                     | Corn Chowder<br>W/M/S               | Vegetable                           |
|           | Salad Bar                     | Beets & Potato Salad                | Kale & Orange Salad                 | Figs Salad<br>M                       | Fennel & Arugula                    | Broccoli & Cauliflower Salad        |                                     |                                     |
|           | Deli (Entrée)                 | Santa Fe Salad<br>M/E               | Chili Cheese Fries<br>M             | Italian Deli Wrap<br>W/M              | Italian Tossed Salad<br>M           | Caesar Salad<br>M/E/F               |                                     |                                     |
|           | At Home (Entrée)              | Chicken Teriyaki<br>W/S             | Beef Stroganoff<br>W/M              | Chicken Birria                        | Mongolian Beef Bowl<br>W/S          | Chicken Bacon Alfredo Pasta<br>W/M  | Meat Lasagna<br>W/M/E/S             | Chicken Tamale<br>W                 |
|           | The Bar<br>(Vegetarian/Vegan) | Veggie Fried Rice<br>W/S            | Mushroom Stroganoff<br>W/M          | Mexican Squash Caserolle<br>M         | Bow Tie Pasta Primavera<br>W        | Avocado Toast<br>M/E/S              | Vegetable Lasagna<br>W/M/E          | Chile Relleno<br>W/M/E              |
|           | Grill                         | Pambazos<br>W/M                     | Ortega Chicken Sandwich<br>W        | Chicken Tenders<br>W                  | Tuna Melt<br>W/F                    | Turkey Pesto Flat Bread<br>W/M/E    |                                     |                                     |
|           | Deli                          | Made To Order Sandwiches            | Made To Order Sandwiches            | Made To Order Sandwiches              | Made To Order Sandwiches            | Made To Order Sandwiches            | Made To Order Sandwiches            | Made To Order Sandwiches            |
|           | Pizza Station (Entrée)        | Mexican Pizza<br>W/M/E              | Buffalo Chicken<br>W/M/E            | Margarita<br>W/M/E                    | Carne Asada<br>W/M/E                | Meat Lover<br>W/M/E                 |                                     |                                     |
| DINNER    | Soups 1                       | Chicken Tortilla Soup<br>W/M/E      | Pozole                              | Chicken Gumbo<br>W/M/E/S/F            | Albondigas                          | Clam Chowder<br>W/M/SF              | Vegetable Beef                      | Split Pea & Ham                     |
|           | Soups 2                       | Cream of Broccoli<br>W/M/S          | French Onion<br>W/E/S               | Italian Ravioli<br>M/E/S              | Potato Chowder<br>W/M/S             | Minestrone<br>W                     | Corn Chowder<br>W/M/S               | Vegetable                           |
|           | Salad Bar                     | Beets & Potato Salad                | Kale & Orange Salad                 | Figs Salad<br>M                       | Fennel & Arugula                    | Broccoli & Cauliflower Salad        |                                     |                                     |
|           | Deli (Entrée)                 | Crispy Chicken Wrap<br>W/M/E/S      | Black Bean Salad                    | Sushi Bar<br>F                        | Chicken Fiesta Salad<br>M           | Cali Cobb Salad<br>M/E              | Oriental Vegetable Salad<br>W/S     | Chicken Caesar Wrap<br>W/M/E/F      |
|           | At Home (Entrée)              | Chicken Broccoli Divan<br>W/M       | Chili Verde w/ Pork                 | BBQ Meat Loaf<br>W/E                  | Chicken Parmesan<br>W/M             | Chicken Tinga                       | Beef Fajitas                        | BBQ Chicken                         |
|           | The Bar<br>(Vegetarian/Vegan) | Moroccan Lentil Stew                | Gardein Beef Chili Verde<br>W/S     | Broccoli Rice                         | Penne Pasta w/ Vegetables           | Gardein Tinga<br>W/S                | Gardein Beef Fajitas<br>S           | Mexican Pasta Soup<br>W             |
|           | Grill                         | Pull Pork Sandwich<br>W/M/E         | Reuben Sandwich<br>W/M/E            | Fried Onion Burger<br>W/M             | Grilled Ham & Cheese<br>W/M         | Fish & Chips<br>F                   | Pastrami on a Baguette<br>W         | Crispy Chicken Sandwich<br>W/M/E    |
|           | Deli                          | Made To Order Sandwiches            | Made To Order Sandwiches            | Made To Order Sandwiches              | Made To Order Sandwiches            | Made To Order Sandwiches            |                                     |                                     |
|           | Pizza Station (Entrée)        | Mexican Pizza<br>W/M/E              | Buffalo Chicken<br>W/M/E            | Margarita<br>W/M/E                    | Carne Asada<br>W/M/E                | Meat Lover<br>W/M/E                 |                                     |                                     |

