

CALIFORNIA STATE UNIVERSITY, LONG BEACH

**BEACHSIDE DINING**

# *Menu Cycles*

FALL 2019 - SPRING 2020

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 2019

Week Of	
Aug. 26	S1
Sept. 2	S2
Sept. 9	S3
Sept. 16	S1
Sept. 23	F2
Sep. 30	F3
Oct. 7	F1
Oct. 14	F2
Oct. 21	F3
Oct. 28	F1
Nov. 4	F2
Nov. 11	F3
Nov. 18	F1
Dec. 2	F2
Dec. 9	F3

## Spring 2020

Week Of	
Jan. 20	W1
Jan. 27	W2
Feb. 3	W3
Feb. 10	W1
Feb. 17	W2
Feb. 24	W3
Mar. 2	W1
Mar. 9	W2
Mar. 16	W3
Mar. 23	S1
Apr. 6	S2
Apr. 13	S3
Apr. 20	S1
Apr. 27	S2
May 4	S3

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

*Menu items may be subject to change*

Spring/ Summer Cycle

**August 26 – September 22**

Fall Cycle

**September 23 – December 18**

Winter Cycle

**January 21 – March 22**

Spring/ Summer Cycle

**March 23 – May 17**

## Selections Always Available

### Breakfast:

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

### Lunch:

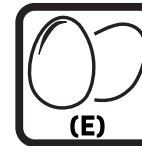
- Salad Bar
- Assorted Dessert Bar
- Chef's Choice
- Build Your Own Sandwich

### Dinner:

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

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

## ALLERGENS



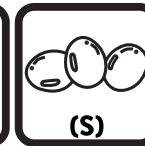
**(E)**

Eggs



**(M)**

Milk



**(S)**

Soy



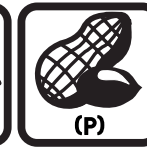
**(W)**

Wheat



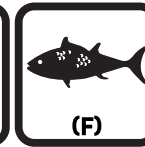
**(SF-C)**

Shellfish  
Crustacean



**(P)**

Peanuts



**(F)**

Fish



**(TN)**

Tree Nuts

\*Menu Subject to Change



## Selections Always Available

### Breakfast:

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

### Lunch:

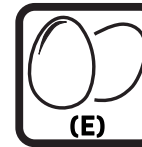
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### Dinner:

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## ALLERGENS



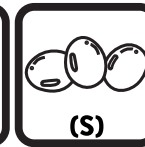
**(E)**

Eggs



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Milk



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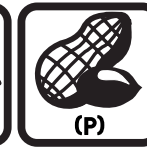
**(W)**

Wheat



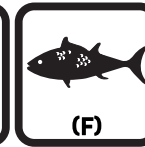
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Shellfish  
Crustacean



**(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	Maizena M	Cinnamon Rice M	Grits	Cream of Wheat	Maizena M	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	Egg, Sausage Croissant W/M/E	Chilaquiles W/M	French Toast W/M	Breakfast Burrito W/E	Chocolate Chip Pancakes W/M/S	Cinnamon Rolls W/M/S	Pancakes W/M/E/S							
	Home	Grilled Ham	Carne Asada	Kielbasa Sausage	Turkey Sausage	Bacon	Sausage Links	Little Smokies							
	Home	Hash Brown Patty	Home Style Potatoes	Tator Tots	Country Potatoes	Hash Brown	Roasted Herb Potatoes	Cottage Fries							
LUNCH	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 W/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	Buffalo Chicken Salad W/M/S									
	Deli (Entrée)	Rotini w/ Vegetable Salad W/S	Chicken Pesto Caesar Salad W/M/E	Pho Salad	Super Nachos M	Triple Sandwich W/M/E/S									
	At Home (Entrée)	Beef Stroganoff W/M	Chicken Birria	Fried Chicken W/E	Stir Fried Chicken w/ Sauce W/S	Baked Salmon F	Baked Chicken w/ Herbs	Baked Garlic Pork Tenderloin							
	The Bar (Vegetarian/Vegan)	Butter Squash w/ Pasta W	Thai Fried Noodles w/ Veggies	Gardein Tenders W/S	Asian Tofu W/S	Meatless Pasta Bar W/S									
	Grill	Buffalo Chicken Sandwich W/M/S	Pork Sandwich W/M/E	Beachside Sopes W/M	Philly Steak Sandwich W/M	Chicken Tenders 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	Made to Order Sandwiches						
	Pizza Station (Entrée)	Mexican Chorizo W/M/S	Buffalo Chicken W/M/E/S	Vegetable Calzone W/M/E/S	Mac & Cheese Pizza W/M/S	Eggplant & Basil Pizza W/M/E/S									
	Sweets	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts						
DINNER	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 W/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	Buffalo Chicken Salad W/M/S									
	Deli (Entrée)	BLT Pasta Salad W/M/E	Seafood Bowl W/E/S/F	Cajun Chicken Wrap W/M	Caprese Salad M	Apple Walnut Salad TN	Fried & Soft Pita w/ Hummus W/M	Chopped Salad M							
	At Home (Entrée)	Spicy BBQ Chicken	Flank Steak w/ Sauce W/M	Chicken Tandoori M	Swedish Meatballs W/S	Chicken Florentine W/M/S	Chicken Cacciatori	Lemongrass Chicken W/M/S							
	The Bar (Vegetarian/Vegan)	Fried Rice w/ Gardein Tips W/S	Gardein Stir Fried W/S	Meatless Stroganof W/S	Edamame Fried Rice W/S	Tofu Stir Fry W/S	Tofu & Quinoa Bowl S	Gardein Chicken w/ Teriyaki W/S							
	Grill	Crispy Onion Burger W	Hot Dog & Fries W/M	Beef Gyro W/M/E	Fish Tacos F	Grilled Ham & Cheese W/M	Shredded Pork Sandwich W/M	Bahn Mi Sandwich 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	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									
	Sweets	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts						

**Selections Always Available**

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- Oatmeal
- Waffle Bar **(W)**
- Local Fruit

**Lunch:**

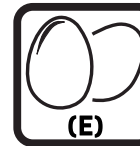
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- Assorted Dessert Bar
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**Dinner:**

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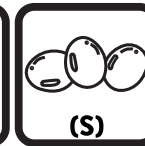
**ALLERGENS**



Eggs



Milk



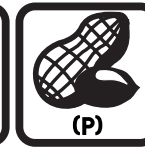
Soy



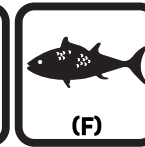
Wheat



Shellfish  
 Crustacean



Peanuts



Fish



Tree Nuts

\*Menu Subject to Change

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
BREAKFAST	Hot Cereal Station	Cream of Rice	Grits	Sweet Rice M	Cream of Wheat	Maizena M	Cream & Wheat	Cream of Rice								
	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	49er Muffin w/ Ham W/M/E	Chorizo & Veggie Burrito W/E	Egg, Ham Cheese on Sourdough W/M/E	Waffles W/M/E/S	Huevos Rancheros M/E	Chocolate Chip Pancakes W/M/S	Texas French Toast W/M/E/S								
	Home	Sausage Patties	Sausage Links	Little Smokies	Bacon	Grilled Ham	Sausage Patties	Kielbasa Sausage								
	Home	Tator Tots	Country Potatoes w/ Peppers	Hash Brown Patties	Hashbrowns	Home Style Potatoes	Cottage Fries	Potatoes O' Brien								
LUNCH	Soups 1	Chicken Tortilla Soup W/M/E	Pozole	Chicken Gumbo W/M/E/S/F	Albondigas	Clam Chowder W/M/SF	Vegetable Beef	Split Pea & Ham								
	Soups 2	Garbanzo & Spinach	Cream of Broccoli W/M/S	Minestrone W	Baked Potato W/M/S	Italian Ravioli W/M/E	Corn Chowder W/M/E/S	Vegetable								
	Salad Bar	Spinach & Potato Salad	Citrus Kale	Fruit Salad w/ Marshmallows	Apple, Pear & Cucumber Salad	Eggplant & Couscous Salad W										
	Deli (Entrée)	Grilled Veggie Wrap W/M	Watermelon & Feta Salad M	Taco Salad M	BBQ Chicken Salad M/E	Chicken Caesar W/M/E/F										
	At Home (Entrée)	Teriyaki Chicken W/S	Beef Ribs	Asian Shrimp Pasta W/M	Burrito Bowl M	Seafood Platter W/S/SF	Enchiladas Meat	Chicken Parmesan W/M/S								
	The Bar (Vegetarian/Vegan)	Vegetable Bowl	Morocan Lentil	Avocado Toast M/E/S	Cheese Tortellini W/M/E	Roasted Cauliflower Bowl										
	Grill	Club Sandwich W/M/E	Hot Italian Sub W/M	Meat Lover Sandwich W/E	Taquitos Station W/M/S	Philly Cheese Steak 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	Made to Order Sandwiches							
	Pizza Station (Entrée)	Combo W/M/S	Pastrami W/M/S	Buffalo Chicken W/M/S	Italian Sausage W/M/S	Hawaiian W/M/S										
	Sweets	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts							
DINNER	Soups 1	Chicken Tortilla Soup W/M/E	Pozole	Chicken Gumbo W/M/E/S/F	Albondigas	Clam Chowder W/M/SF	Vegetable Beef	Split Pea & Ham								
	Soups 2	Garbanzo & Spinach	Cream of Broccoli W/M/S	Minestrone W	Baked Potato W/M/S	Italian Ravioli W/M/E	Corn Chowder W/M/S	Vegetable								
	Salad Bar	Spinach & Potato Salad	Citrus Kale	Fruit Salad w/ Marshmallows	Apple, Pear & Cucumber Salad	Eggplant & Couscous Salad W										
	Deli (Entrée)	Chicken Caesar Salad M/E/F	Crispy Chicken Bacon Wrap W/M/E/S	Chicken Ranch Wrap W/M/E	Cali Cobb Salad W/E	Chicken Greek Salad W/M	Asian Chicken Salad W/S	Chop Salad								
	At Home (Entrée)	Beef Bourguignon W	Roasted Chicken	Korean Bowl W/S	Breaded Pork Chops W	Chicken Bacon Alfredo Pasta W/M	White Fish w/ Mango Salsa F	Chicken Fried Steak								
	The Bar (Vegetarian/Vegan)	Cauliflower & Potato Curry	Mushroom Stroganoff W/S	Gardein Beef Fajitas W/S	Gardein Beef Tips Fried Rice W/S	Curry Chickpea Vegetable Stew TN	Tofu w/ Vegetables	Stuffed Pepper								
	Grill	Chipotle Chicken Sandwich W/M/E	Guacamole Burger W/M/E	Pesto Turkey Flat Bread W/M/E	Beef Gyro Sandwich W/M/S	Fish Sandwich W/E/F	Jalapeño Burger W/M/E	Tacos Bar 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	Made to Order Sandwiches							
	Pizza Station (Entrée)	Combo W/M/S	Pastrami W/M/S	Buffalo Chicken W/M/S	Italian Sausage W/M/S	Hawaiian W/M/S										
	Sweets	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts							



**Selections Always Available**

**Breakfast:**

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

**Lunch:**

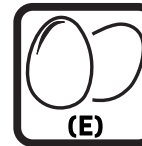
- Salad Bar
- Chef's Choice
- Build Your Own Sandwich
- Assorted Dessert Bar

**Dinner:**

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

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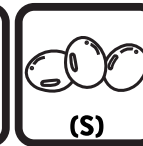
**ALLERGENS**



Eggs



Milk



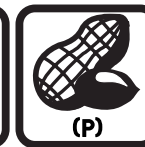
Soy



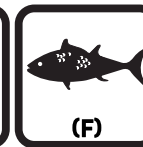
Wheat



Shellfish  
Crustacean



Peanuts



Fish



Tree Nuts

\*Menu Subject to Change

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BREAKFAST	Hot Cereal Station	Grits	Cream of Rice	Cream of Wheat	Maizena M	Cinnamon Rice M	Cream & Wheat	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	Sausage Croissant Sandwich W/M/E	Pancakes W/S	Biscuits & Gravy W/M	Chilaquiles M	Egg & Sausage Muffin W/E	Chocolate Chip Pancakes W/M/S	Texas French Toast W/M/E/S							
	Home	Sausage Links	Grilled Ham W/M	Kielbasa	Carne Asada	Bacon	Turkey Sausage	Little Smokies							
	Home	Cottage Fries	Hash Brown	Oval Hashbrown	Home Potato	Hash Brown Patty	Tator Tots	Poblanos & Sweet Potato Hash							
LUNCH	Soups 1	Chicken Polenta w/ Spinach	Italian Wedding Soup W/M/S	Caldo de Res	Chicken Noodle Soup W	Clam Chowder W/M/SF	Split Pea Soup w/ Ham	Chicken Gumbo W/M/E/S/F							
	Soups 2	Broccoli Cheddar W/M/S	Turkish Lentil	Cream of Broccoli W/M/S	Cream of Potato Soup W/M/S	Miso Soup S	Minestrone W	Vegetable Soup							
	Salad Bar	Lima Beans Salad	Carrots Broccoli & Raisin Salad	Penne Pasta Salad W	BLT Salad W/M/E	Citrus Kale									
	Deli (Entrée)	Italian Pasta Salad W	Pho Bar	Nacho Bar M	Spicy Italian Wrap W/M/E	Crispy Chicken Salad W/M/E/S									
	At Home (Entrée)	Fried Chicken W/E	Cilantro Chicken Stew	Grilled Fajitas	Braised Beef	Cod w/ Mango & Papaya Salsa F	Buffalo Pork Chops M	Chicken w/ Lemon & Herb W							
	The Bar (Vegetarian/Vegan)	Brussel Sprouts Fried Rice W/S	Beef Gardein Fajitas W/S	Cheese Enchilada W/M	Tempura Vegetables	Chile Relleno W/M/E									
	Grill	Ortega Chicken Sandwich W/M/E	Chicken Katsu W/M/S	Reuben Sandwich W/M/E	Pork Chop Sandwich W/M/E/S	California Turkey Club Sandwich 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	Made to Order Sandwiches						
	Pizza Station (Entrée)	Mexican Pizza W/M/S	Buffalo Chicken W/M/S	Margarita W/M/S	Veggie Pizza W/M/S	Meat Lover W/M/S									
	Sweets	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts						
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	Soups 2	Broccoli Cheddar W/M/S	Turkish Lentil	Cream of Broccoli W/M/S	Cream of Potato Soup W/M/S	Miso Soup S	Minestrone W	Vegetable Soup							
	Salad Bar	Lima Beans Salad	Carrots & Raisin Salad	Penne Pasta Salad W	BLT Salad W/M/E	Citrus Kale									
	Deli (Entrée)	Chicken Ceasar Salad W/M/F	BBQ Chicken Salad M/E	Sushi Cone W/E/S/F	Chicken Fiesta Salad M/E	Caesar Salad M/E/F	Apple Walnut Salad TN	Cali Cobb Salad M/E							
	At Home (Entrée)	Chile Verde w/ Pork	Honey Garlic Chicken	Beef & Broccoli W/S	Pasta Bar W	Chicken Mediterranean	Chicken Teriyaki W/S	Pasta Bar							
	The Bar (Vegetarian/Vegan)	Crispy Gnocchi w/ Veggies	Tofu Bar W/S	Vegetable Wellington W	Gardein Beef Stroganoff W/S	Vegetarian Pad Thai W/S/SF	Tamale Bar	Eggplant Parmesan							
	Grill	Turkey Burger W/M/E	Super Burrito W/M	Chicken Chipotle on Flat Bread W/M/E	Cuban Sandwich W/M	Fish Sandwich W/M/E/F	Hamburgers w/ Toppings W/M/E	Beef Dip Sandwich 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	Made to Order Sandwiches						
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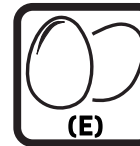
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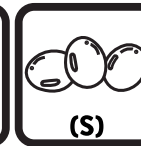
## ALLERGENS



Eggs



Milk



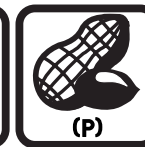
Soy



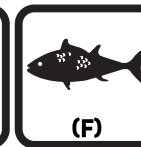
Wheat



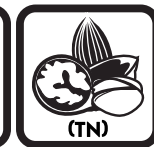
Shellfish  
Crustacean



Peanuts



Fish



Tree Nuts

\*Menu Subject to Change



## Selections Always Available

### Breakfast:

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

### Lunch:

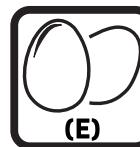
- Salad Bar
- Assorted Dessert Bar
- Chef's Choice
- Build Your Own Sandwich

### Dinner:

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

ADDITIONAL OPTIONS AVAILABLE  
AND LISTED ON FOLLOWING PAGE.

## ALLERGENS



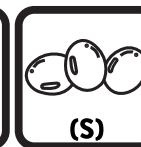
(E)

Eggs



(M)

Milk



(S)

Soy



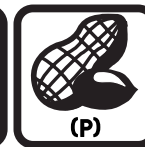
(W)

Wheat



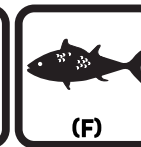
(SF-C)

Shellfish  
Crustacean



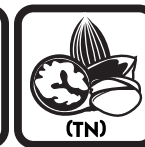
(P)

Peanuts



(F)

Fish



(TN)

Tree Nuts

\*Menu Subject to Change



WINTER  
**Beachside  
CYCLE**

# 1

## Selections Always Available

### Breakfast:

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

### Lunch:

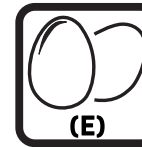
- Salad Bar
- Assorted Dessert Bar
- Chef's Choice
- Build Your Own Sandwich

### Dinner:

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

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

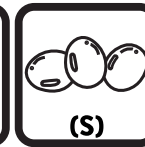
## ALLERGENS



Eggs



Milk



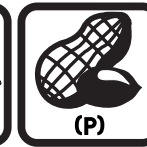
Soy



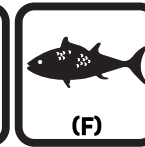
Wheat



Shellfish  
Crustacean



Peanuts



Fish



Tree Nuts

\*Menu Subject to Change

		M		TU		W		TH		F		SAT		SUN	
BREAKFAST	Hot Cereal Station	Cream of Wheat	Grits	Maizena M	Sweet Rice M	Cream & Wheat	Grits	Cream of Rice							
	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	Egg & Ham Croissant W/M/E/S	Chocolate Chips Pancakes W/M/S	Biscuits & Gravy W/M/E/S	Waffles W/M/E/S	Sausage Muffin Sandwich W/M/E/S	Cinnamon Rolls W/M/S	French Toast W/M/E/S							
	Home	Bacon	Grilled Ham	Asada Hash	Kielbasa	Sausage Link	Little Smokies	Sausage Patties							
	Home	Cottage Fries	Hash Brown	Country Potatoes	Tator Tots	Hash Brown Patty	Home Style Potatoes	Cottage Potatoes							
LUNCH	Soups 1	Chicken Tortilla W/M/E	Italian Wedding W/M/S	Chicken Noodle W	Cocido	Clam Chowder W/M/SF	Split Pea & Ham	Beef Noodle W							
	Soups 2	Black Bean	Minestrone	Tomato Basil M/S	Potato Chowder M/S	Italian Ravioli M/E/S	Vegetable	Tomato Basil M/S							
	Salad Bar	Cauliflower Salad	Black Bean Salad	Thai Chicken Salad W/S/F/TN/SF	Fennel & Arugula Salad	Broccoli & Cauliflower Salad									
	Deli (Entrée)	Chipotle Chicken Salad M/E	Taco Salad W/M/E	Cajun Chicken Wrap W/M/E	Crispy Chicken Salad W/M/E/S	Veggie Wrap W/M									
	At Home (Entrée)	Chicken Teriyaki W/S	Garlic Mushroom Chicken	Orange Chicken W/S	Spicy Pork Chops	Firecracker Salmon W/S/F	Meat Lasagna W/M/E/S	Greek Chicken M/S							
	The Bar (Vegetarian/Vegan)	Breakfast At Lunch E	Sweet Treats W/M	Avocado Toast M/E/S	Spinach & Cheese Tortellini W/M/E	Vegetable Fried Rice W/S									
	Grill	Ham & Cheese Torta W/M/E/	Club Flatbread W/M/E	Quesadilla W/M	California Burrito W/M	Taco Bar M/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	Made to Order Sandwiches						
	Pizza Station (Entrée)	Veggie Pizza W/M/S	Hawaiian W/M/S	Combo W/M/S	Buffalo Chicken W/M/S	Pesto Chicken W/M/S									
	Sweets	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts						
DINNER	Soups 1	Chicken Tortilla W/M/E	Italian Wedding W/M/S	Chicken Noodle W	Cocido	Clam Chowder W/M/SF	Split Pea & Ham	Beef Noodle W							
	Soups 2	Black Bean	Minestrone	Tomato Basil M/S	Potato Chowder W/M/S	Italian Ravioli M/E/S	Vegetable	Tomato Basil M/S							
	Salad Bar	Cauliflower Salad	Black Beans Salad	Thai Chicken Salad W/S/F/TN/SF	Fennel & Arugula Salad	Broccoli & Cauliflower Salad									
	Deli (Entrée)	Mexican Caesar Salad W/M/E/F	Hominy Salad	Caesar Salad W/M/E/F	Beef Nacho M	Fruit Salad M	Chef Salad M	Caesar Salad W/M/E/F							
	At Home (Entrée)	Fried Chicken & Waffle W/M/E/S	Carnitas	Garlic Herb Flank Steak	Chicken & Cilantro Casserole	Fajitas	Beef Enchilada W/M/S	Spicy Stir Fry Chicken W/S							
	The Bar (Vegetarian/Vegan)	Ravioli Bar W/M/E	Bread Bowl Soup W/M	Tofu Bar	Tempura Vegetables W/S	Cheese Tamal	Vegetable Noodle Stir Fry W/S	Chile Relleno W/M/E/S							
	Grill	French Onion Beef Burger W/M	Sliders W/M/E	Fish Taco M/F	Turkey Burger W/M/E	Pastrami Sandwich W	Pesto Chicken Sandwich W/M/E	Chicken Ranch Sandwich 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	Made to Order Sandwiches						
	Pizza Station (Entrée)	Veggie Pizza W/M/S	Hawaiian W/M/S	Combo W/M/S	Buffalo Chicken W/M/S	Pesto Chicken W/M/S									
	Sweets	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts						



# WINTER Beachside CYCLE 2

## Selections Always Available

### Breakfast:

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

### Lunch:

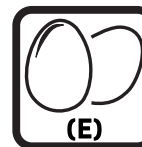
- Salad Bar
- Assorted Dessert Bar
- Chef's Choice
- Build Your Own Sandwich

### Dinner:

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

ADDITIONAL OPTIONS AVAILABLE  
AND LISTED ON FOLLOWING PAGE.

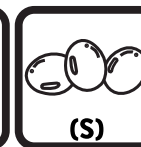
## ALLERGENS



Eggs



Milk



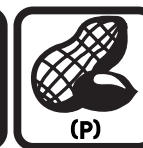
Soy



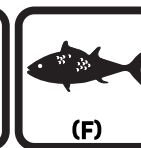
Wheat



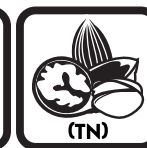
Shellfish  
Crustacean



Peanuts



Fish



Tree Nuts

\*Menu Subject to Change

		M		TU		W		TH		F		SAT		SUN	
BREAKFAST	Hot Cereal Station	Grits	Cream of Wheat	Maizena M	Cinnamon Rice M	Cream & Wheat	Grits	Sweet Rice M							
	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	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	Breakfast Burritos W/E	Pancakes W/M/E/S	49er Muffin W/M/E	Cinnamon Rolls W/M/E/S	French Toast W/M/E/S	Biscuits & Gravy W/M	Chocolate Chips Pancakes W/M/E/S							
	Home	Ground Beef Hash	Grilled Ham	Corned Beef Hash	Bacon	Sausage Link	Little Smokies	Sausage Patty							
	Home	Hash Brown Patty	Hash Brown	Country Potatoes	Tator Tots	Hash Brown Patty	Potatoes O' Brien	Cottage Potatoes							
LUNCH	Soups 1	Chicken Enchilada Soup M/S	Beef Barley	Chicken Tortilla W/M/E	Italian Wedding W/M/S	Clam Chowder W/M/SF	Chicken Gumbo W/M/E/S/F	Corn Chowder W/M/S							
	Soups 2	Veggie Noodles W	Broccoli Cheddar W/M/S	Cream of Broccoli W/M/S	Cream of Potato W/M/S	Miso Soup S	Minestrone W	Vegetable Soup							
	Salad Bar	Tuna & Vegetables M/F	Chard & Apple Salad	Roasted Brussel Sprout Salad TN	Cauliflower & Broccoli Salad	Chickpea & Cabbage Salad									
	Deli (Entrée)	Caprese Salad M	Taco Salad W/M	Irish Nachos M	Cali Cobb M/E	Crispy Chicken Wrap W/S									
	At Home (Entrée)	Pan Seared Chicken Breast	Bulgogi Beef W/S	Chicken Pibil Roasted	Breaded Pork Chops W/M/E	Baked Cod w/ Thai Curry F/TN	Machaca	Chicken Dijon W/S							
	The Bar (Vegetarian/Vegan)	Vegetable Fried Rice W/S	Gardein Chicken w/ Gravy W/S	Stir Fry Chicken Gardein W/S	Vegan Carbonara Pasta W/S	Casamiento (Rice & Beans)									
	Grill	Grilled Burrito W/M	Corn Dogs W/E/S	Super Nachos M	5 Spice Banh Mi W/S/SF	Po Boy Sandwich W/M/E/SF									
	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	Made to Order Sandwiches						
	Pizza Station (Entrée)	Combo W/M/S	Margarita W/M/S	Buffalo Chicken W/M/S	Italian Sausage W/M/S	Hawaiian W/M/S									
	Sweets	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts						
DINNER	Soups 1	Chicken Enchilada Soup M/S	Beef Barley	Chicken Tortilla W/M/E	Italian Wedding W/M/S	Clam Chowder W/M/SF	Chicken Gumbo W/M/E/S/F	Corn Chowder W/M/S							
	Soups 2	Veggie Noodles W	Broccoli Cheddar W/M/S	Cream of Broccoli W/M/S	Cream of Potato W/M/S	Miso Soup S	Minestrone W	Vegetable Soup							
	Salad Bar	Carrots w/ Tuna & Avocado F	Chard & Apple Salad	Roasted Brussel Sprout Salad TN	Cauliflower & Broccoli Salad	Chickpea & Cabbage Salad									
	Deli (Entrée)	BBQ Chicken Salad M/E	Pho Soup W/S/F	Mexican Caesar Salad W/M/E/F	Ceviche Bowl F	Caesar Salad W/M/E/F	Chef Salad M	Roast Beef Wrap W/M							
	At Home (Entrée)	Honey Glaze Chicken W/S	Baked Chicken Chipotle	Tejano Beef Adobo	Filipino Chicken Adobo W/S	Chicken Florentine W/M	Memphis Ribs	Chicken Fried Steak W							
	The Bar (Vegetarian/Vegan)	Tamale Bar W/M	Vegetable Chow Mein W/S	Green Curry w/ Veggies	Cheese Tortellini W/M/E	Chile Rellenos W/M/E	Gardein w/ Sweet & Sour Sauce W/S	3 Cheese Baked Pasta							
	Grill	Chicken Finger Sandwich W/M/E	Turkey Flat Bread W/M/E	3 Grilled Cheese W/M	Taquito Bar M	Fish & Chips F	BBQ Burger W	Buffalo Ranch Chicken Sandwich 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	Made to Order Sandwiches						
	Pizza Station (Entrée)	Combo W/M/S	Margarita W/M/S	Buffalo Chicken W/M/S	Italian Sausage W/M/S	Hawaiian W/M/S									
	Sweets	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts						

## Selections Always Available

### Breakfast:

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

### Lunch:

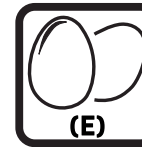
- Salad Bar
- Chef's Choice
- Build Your Own Sandwich
- Assorted Dessert Bar

### Dinner:

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

ADDITIONAL OPTIONS AVAILABLE  
AND LISTED ON FOLLOWING PAGE.

## ALLERGENS



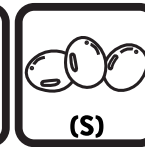
(E)

Eggs



(M)

Milk



(S)

Soy



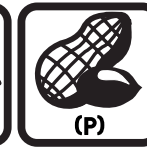
(W)

Wheat



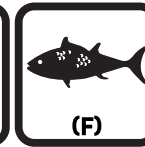
(SF-C)

Shellfish  
Crustacean



(P)

Peanuts



(F)

Fish



(TN)

Tree Nuts

\*Menu Subject to Change

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BREAKFAST	Hot Cereal Station	Cream of Rice	Cream of Wheat	Sweet Rice M	Grits	Cream & Wheat	Maizena M	Cream of Wheat							
	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	Veggie Breakfast Patties W/M/E/S						
	Home	Sausage & Egg Croissant W/M/E/S	Blueberry Pancakes W/M/E/S	Biscuit Breakfast Sandwich W/M/E/S	Waffles W/M/E/S	French Toast W/E	Chilaquiles M	Cinnamon Rolls W/M/S							
	Home	Sausage Links	Grilled Ham	Kielbasa	Sausage Link	Bacon	Asada Hash	Little Smokies							
	Home	Cottage Fries	Hash Brown	Country Potatoes	Tator Tots	Hash Brown Patty	Cottage Fries	Hash Browns							
	Home														
LUNCH	Soups 1	Chicken Tortilla Soup W/M/E	Pozole	Seafood F	Albondigas	Clam Chowder W/M/SF	Vegetable Beef	Split Pea & Ham							
	Soups 2	Egg Drop	Coconut & Lemongrass W/S	Italian Ravioli M/E/S	Potato Chowder W/M/S	Minestrone W	Corn Chowder W/M/S	Vegetable							
	Salad Bar	Beet & Potato Salad	Kale & Orange Salad	Figs Salad M	Fennel & Arugula	Broccoli & Cauliflower Salad									
	Deli (Entrée)	Santa Fe Salad M/E	Chili Cheese Fries M	Italian Deli Wrap W/M	Italian Tossed Salad M	Caesar Salad M/E/F									
	At Home (Entrée)	Chicken Teriyaki W/S	Chicken Chorizo	Chicken Birria	Mongolian Beef Bowl W/S	Chicken Bacon Alfredo Pasta W/M	Meat Lasagna W/M/E/S	Creamy Lemon Thyme Chicken W/M/E/S							
	The Bar (Vegetarian/Vegan)	Quinoa Fried Rice W/S	Gardein Fried Rice W/S	Meatless Taco	Pesto & Spinach Pasta	Hummus Toast									
	Grill	Tortas W/M	Ortega Chicken Sandwich W/M	Chicken Tenders W	Tandoori Sandwich W/M/E	Toasted Italian Sandwich 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	Made to Order Sandwiches						
	Pizza Station (Entrée)	Mexican Pizza W/M/E	Buffalo Chicken W/M/E	Margarita W/M/E	Carne Asada W/M/E	Meat Lover W/M/E									
	Sweets	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts						
DINNER	Soups 1	Chicken Tortilla Soup W/M/E	Pozole	Seafood F	Albondigas	Clam Chowder W/M/SF	Vegetable Beef	Split Pea & Ham							
	Soups 2	Egg Drop	Coconut & Lemongrass W/S	Italian Ravioli M/E/S	Potato Chowder W/M/S	Minestrone W	Corn Chowder W/M/S	Vegetable							
	Salad Bar	Potato Salad M/E	Kale & Orange Salad	Figs Salad M	Fennel & Arugula	Broccoli & Cauliflower Salad									
	Deli (Entrée)	Crispy Chicken Wrap W/M/E/S	Black Bean Salad	Sushi Bar F	Chicken Fiesta Salad M	Cali Cobb Salad M/E	Oriental Vegetable Salad W/S	Chicken Caesar Wrap W/M/E/F							
	At Home (Entrée)	Chili Verde w/ Pork	Dry Rub BBQ Beef	Indian Butter Chicken	Chicken Parmesan W/M	Garlic Pork Chops	Beef Fajitas	BBQ Meat Loaf W/E							
	The Bar (Vegetarian/Vegan)	Morocan Lentil	Vegetarian Bibibap W/S	Chicken Gardein w/ Cappers	Black Pepper Tofu W/S	Vegan Pasta Bar	Tofu Sweet & Sour	Vegan Tenders W/S							
	Grill	Pull Pork Sandwich W/M/E	Reuben Sandwich W/M/E	Fried Onion Burger W/M	Turkey Club Sandwich W/M/E	Fish & Chips F	Pastrami on a Baguette W	Crispy Chicken Sandwich 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 W/M/E/S	Buffalo Chicken W/M/E	Margarita W/M/E	Carne Asada W/M/E	Meat Lover W/M/E									
	Sweets	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts	Assorted Desserts						

