



## Hilltop Menu – Week of November 1, 2009

V=Vegetarian (no meat products); VGN=Vegan (no egg, dairy, or meat products)

<<S>> Fish/Shellfish allergy alert; <<-N>> Nut/Peanut allergy alert

**DAILY:** Breakfast - Eggs to Order; Lunch & Dinner - Organic Brown Rice; Pasta Bar to Order

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<p><b>BRUNCH</b></p> <p>Spinach &amp; Cheese Omelet-V Cream of Wheat Buttermilk Pancakes-V Reduced Fat Turkey Sausage Links Potato Puffs</p>	<p>Denver Omelet Hot Maple Cereal Bacon Breakfast Burrito Breakfast Burrito-V Waffles-V Bacon Skin-on Browns</p>	<p>Fresh Mushroom Omelet-V Oatmeal Ham, Egg &amp; Cheese English Muffin Egg &amp; Cheese English Muffin-V Oatmeal Banana Pancakes-V Grilled Ham Potato Ovals</p>	<p>Fiesta Omelet-V Cream of Wheat Bacon, Egg &amp; Cheese Biscuit Egg &amp; Cheese Biscuit-V Meat Lover's Breakfast Pizza Vegetarian Breakfast Pizza-V Bacon Home Fries</p>	<p>Cheese Medley Omelet-V Hot Maple Cereal Ham, Egg &amp; Cheese Whole Wheat Bagel Egg &amp; Cheese Whole Wheat Bagel-V French Toast Sticks-V Grilled Ham Hash Browns</p>	<p>Italian Sausage &amp; Cheese Omelet Oatmeal Sausage, Egg &amp; Cheese Wrap Egg &amp; Cheese Wrap-V Broccoli Cheese Strata- V Low Fat Turkey Sausage Patties Potato Puffs</p>	<p><b>BRUNCH</b></p> <p>Bacon &amp; Cheese Omelet Cream of Wheat Wild Maine Blueberry Pancakes-V Grilled Ham Skin-on Browns</p>
<b>LUNCH</b>	<p>Potato &amp; Ham Chowder Pasta e Fagioli-VGN Spicy Beef &amp; Cheddar Sub Italian Grilled Chicken Sandwich Krinkle Kut Fries</p>	<p>Chili Con Carne Corn Chowder-V Hot &amp; Spicy Ham Panini Cuban Burger Battered Fries Buffalo Chicken Sub Chicken Nuggets &lt;&lt;Asian Roasted Vegetables-N&gt;&gt; VGN Broccoli Florets-VGN &lt;&lt;Broccoli Peanut Stir-Fry-N&gt;&gt; -VGN Thai Beef Salad</p>	<p>Chicken Rice Soup Cream of Broccoli Soup-V Southwest Club Onion Rings Union Steak &amp; Cheese Sub Pepperoni Pizza Cheese Pizza-V Authentic Cajun Red Beans &amp; Rice-VGN Chopped Spinach-VGN Chicken Stir-Fry Grilled Pork Salad</p>	<p>Turkey Noodle Soup Harvest Vegetable Chowder-V Mexican Chicken Wrap Meatball Sub Deluxe Veggie Sandwich-V Skin-On Potato Wedges Cheesy Black Bean Quesadilla-V Cheese Quesadilla-V Santa Fe Corn-VGN &lt;&lt;Thai Vegetable Stir Fry-N&gt;&gt; VGN &lt;&lt;Mediterranean Salmon Salad-S&gt;&gt;</p>	<p>Sausage Lentil Soup Tomato Soup-VGN♥ &lt;&lt;The Winslow-Chicken Caesar Wrap-S&gt;&gt; Ranch Grilled Chicken Sandwich Sweet Potato Fries BBQ Chicken Sub Beef Lo Mein Vegetable Lo Mein-V Asian Tofu Stir Fry-VGN Steamed Zucchini-VGN &lt;&lt;Buffalo Chicken Caesar Salad-S&gt;&gt;</p>	<p>&lt;&lt;Seared Salmon and Herb Chowder-S&gt;&gt; Minestrone-VGN Ham &amp; Swiss on 12-Grain Bread Corned Beef Reuben Sweet Italian Sausage Sub Krinkle Kut Fries Chicken Tenders Cheese Stromboli-V Broccoli &amp; Cauliflower-VGN American Stir-fry-VGN Taco Bowl Salad</p>	<p>Herbed Cream of Chicken Soup Garden Chili-VGN Dijon Chicken Panini Swiss Burger Battered Fries</p>
<b>DINNER</b>	<p>Chicken Marsala Baked Potato Bar Szechuan Tofu Stir Fry-VGN Baked Potato Cheese Lasagna-V Corn-VGN</p>	<p>Roast Beef au Jus Garlic Mashed Potatoes Garlic Vegetable Saute-VGN &lt;&lt;Greek Feta Fish-S&gt;&gt; Cannellini Beans &amp; Orzo-VGN Greek Veg Jumble-VGN &lt;&lt;Broccoli Peanut Stir-Fry-N&gt;&gt; -VGN Chicken &amp; Broccoli Scampi</p>	<p>Pho Bar Southern Fried Chicken Corn Pudding-V Garlic Mashed Potatoes Whole Green Beans-VGN Chicken Stir-Fry Manicotti-V</p>	<p>Roast Turkey Bread Stuffing Mashed Potatoes Peas-VGN Korean BBQ Beef Spicy Korean Kimchi-VGN Basmati Rice &lt;&lt;Stir Fried Carrots-N&gt;&gt; Vegetarian Baked Ziti-V &lt;&lt;Thai Vegetable Stir-Fry-N&gt;&gt;-VGN</p>	<p>Wings &amp; Things Night &lt;&lt;Lemon Herb Haddock-S&gt;&gt; Wild Rice-Stuffed Acorn Squash-VGN Parslied Potatoes Carrots &amp; Turnip-VGN White Spinach Lasagna-V Asian Tofu Stir-Fry-VGN</p>	<p>Honey Dijon Crusted Pork Loin♥ Oven Roasted Potatoes Hubbard Squash-VGN Chicken Tandoori &lt;&lt;Massamun Curry-N&gt;&gt; VGN Coconut Rice Green Peas-VGN Macaroni &amp; Cheese-V American Stir-fry-VGN</p>	<p>Nacho Bar &lt;&lt;Fish &amp; Chips-S&gt;&gt; Ginger Tofu &amp; Broccoli-VGN Cut Green Beans-VGN Tortellini Alfredo-V</p>