



Hilltop Menu - Week of November 15, 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; Grilled Cheese Sandwich-V

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BRUNCH Spinach & Cheese Omelet-V Oatmeal-VGN Chocolate Chip Pancakes-V Grilled Ham Hash Browns-VGN	Fresh Mushroom Omelet-V Cream of Wheat-VGN Sausage, Egg & Cheese Bagel Egg & Cheese Bagel-V Texas French Toast-V Sausage Links Potato Puffs-VGN	Fiesta Omelet-V Hot Maple Cereal-VGN Bacon, Egg & Cheese English Muffin Egg & Cheese English Muffin-V Whole Grain Belgian Waffle Sticks-V Bacon Skin-On Browns-VGN	Cheese Medley Omelet-V Oatmeal-VGN Sausage, Egg & Cheese Croissant Egg & Cheese Croissant-V Meat Lover's Breakfast Pizza Vegetarian Breakfast Pizza-V Sausage Patties Potato Ovals-VGN	Italian Sausage & Cheese Omelet Cream of Wheat-VGN Ham, Egg & Cheese Wrap Egg & Cheese Wrap-V Raspberry Pancakes-V Grilled Ham Home Fries-VGN	Bacon & Cheese Omelet Hot Maple Cereal-VGN Sausage, Egg & Cheese Biscuit Egg & Cheese Biscuit-V Cinnamon Raisin French Toast-V Bacon Hash Browns-VGN	BRUNCH Western Omelet Oatmeal-VGN Belgian Waffles-V Low Fat Turkey Sausage Patties Potato Ovals-VGN <<Seafood Chowder-S>> Split Pea Soup-VGN Ham & Swiss on 12-Grain Bread Corn Dogs Skin-On Shoestring Fries-VGN
		LUNCH	Split Pea Soup with Ham Very Vegetable Soup-VGN Dijon Chicken Panini Herbed Grilled Chicken Sandwich Krinkle Kut Fries	Tuscan Minestrone Cream of Spinach Soup-V Turkey Reuben Panini Buffalo Chicken Sub Caramelized Onion Burger Battered Fries-VGN Everything Pizza Cheese Pizza-V BBQ Tempeh-VGN Vegetable Sauté American Stir-Fry-VGN <<Fried Catfish Salad with Whole Grain Mustard Dressing-S>>	Chicken Noodle Soup Cream of Mushroom Soup-V Southwest Club Union Steak & Cheese Sub Onion Rings Frito Pie Cheese Quesadilla-V French Cut Green Beans-VGN <<Spicy Beef Caesar Salad-S>>	Beef Stew Winter Squash Soup-V Spicy Beef & Cheddar Sub Baked Hawaiian Sub Honey Dijon Grilled Chicken Sandwich Skin-On Potato Wedges-VGN Spicy Indian Rolls-V Teriyaki Chicken Dippers Quinoa Pilaf-VGN Sliced Carrots-VGN <<Shrimp Stir-Fry-S>> <<Stir Fried Chicken Salad-N>>	
DINNER	Chicken Parmesan Nacho Bar Ratatouille-VGN Oven Browned Potatoes Green Beans-VGN Manicotti-V		Kansas City BBQ Beef <<Mediterranean Tilapia-S>> <<Curried Brown Rice with Apricots-N>> VGN Parmesan Roasted Red Potatoes Corn-VGN Steamed Zucchini-VGN Red Pepper Orzo Bake-V	Pho Bar Marinated Grilled Beef Tips Tofu-Stuffed Portabella Mushroom Cap-VGN Parslied Potatoes Peas-VGN Cheese Lasagna-V Tri-Mushroom Stir-Fry-V	Maple Glazed Ham Au Gratin Potatoes Whole Green Beans-VGN Moroccan BBQ Chicken Roasted Vegetable Couscous-VGN Hot & Sour Vegetables-VGN Baked Cheese Ravioli-V <<Shrimp Stir-Fry-S>>	Thanksgiving Around America Sage Butter Roast Turkey Cumin Crusted Pork Loin Wild Rice Stuffed Acorn Squash-VGN Smashed Potatoes-V Sweet Potato Stuffing with Bacon & Thyme Butternut Squash Bread Pudding-V	<<Lemongrass Steamed Mussels-S>> <<Pad Thai-N>>-VGN Pineapple Fried Rice Spicy Green Beans-VGN Macaroni & Cheese-V Asian Tofu Stir-Fry-VGN