



Hilltop Menu - Week of February 7, 2010

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	Fresh Mushroom Omelet-V Cream of Wheat-VGN Sausage, Egg & Cheese Bagel Egg & Cheese Bagel-V Texas French Toast-V Sausage Links Potato Puffs	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	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	Italian Sausage & Cheese Omelet Cream of Wheat-VGN Ham, Egg & Cheese Wrap Egg & Cheese Wrap-V Raspberry Pancakes-V Grilled Ham Home Fries	Bacon & Cheese Omelet Hot Maple Cereal-VGN Sausage, Egg & Cheese Biscuit Egg & Cheese Biscuit-V Cinnamon Raisin French Toast-V Bacon Hash Browns	BRUNCH Western Omelet Oatmeal-VGN Belgian Waffles-V Low Fat Turkey Sausage Patties Potato Ovals <<Seafood Chowder-S>> Split Pea Soup-VGN Corn Dogs Skin-On Shoestring Fries
		<<Manhattan Clam Chowder-S>> Chicken Gumbo Soup Tomato Soup-VGN Herbed Grilled Chicken Sandwich Krinkle Kut Fries	Tuscan Minestrone Cream of Spinach Soup-V Buffalo Chicken Sub Caramelized Onion Burger Battered Fries Everything Pizza Cheese Pizza-V BBQ Tempeh-VGN Vegetable Sauté-VGN Stir Fry Bar to Order <<Fried Catfish Salad with Whole Grain Mustard Dressing-S>>	Chicken Noodle Soup Cream of Mushroom Soup-V Union Steak and Cheese Sub Onion Rings Onion Rings Frito Pie Cheese Quesadilla-V French Cut Green Beans-VGN Stir Fry Bar to Order <<Spicy Beef Caesar Salad-S>>	Beef Stew Winter Squash Soup-V Baked Hawaiian Sub Honey Dijon Grilled Chicken Sandwich Skin-On Potato Wedges Spicy Indian Rolls-V Teriyaki Chicken Dippers Quinoa Pilaf-VGN Sliced Carrots-VGN Stir Fry Bar to Order <<Stir Fried Chicken Salad-N>>	<<Clam Chowder-S>> Hot & Sour Soup-VGN Chicken Sauté Wrap <<The Winslow Chicken Caesar Wrap-S>> Portabella Sizzle Burger-V Krinkle Kut Fries Tacos Vegetable Fried Rice-V Buddha's Feast-VGN Chopped Spinach-VGN Stir Fry Bar to Order <<Grilled Chicken Caesar Salad-S>>	
LUNCH	<i>Super Bowl</i> Super Subs Red Zone Hot Wings Tailgating BBQ Ribs Red Hot Dogs Veggie Dogs-V Fried Potato Skins Grilled Vegetable Kabobs-VGN Corn on the Cob-VGN	Kansas City BBQ Beef <<Mediterranean Tilapia-S>> <<Curried Brown Rice with Apricots-N>> VGN Parmesan Roasted Red Potatoes-V Corn-VGN Steamed Zucchini-VGN Red Pepper Orzo Bake-V Stir Fry Bar to Order	Baked Ham Chicken Stew with Dumplings Okra Gumbo-V Authentic Cajun Red Beans and Rice-VGN Collard Greens-VGN Marinated Grilled Beef Tips Tofu-Stuffed Portabella Mushroom Cap-VGN Parslied Potatoes-VGN Peas-VGN Cheese Lasagna-V Stir Fry Bar to Order	Pho Bar Moroccan BBQ Chicken Roasted Vegetable Couscous-VGN Hot & Sour Vegetables-VGN Baked Cheese Ravioli-V Stir Fry Bar to Order	Quesadilla and Fajita Bar General Tso's Chicken <<Broccoli Peanut Stir-Fry-N>>-VGN Egg Roll-V White Rice Sugar Snap Peas-VGN Greek Spaghetti-V Sesame Noodles- V Stir Fry Bar to Order	Herb Roasted Turkey Breast Mashed Potatoes-V <<Lemongrass Steamed Mussels-S>> <<Pad Thai-N>>-VGN Pineapple Fried Rice-VGN Spicy Green Beans-VGN Macaroni & Cheese-V Stir Fry Bar to Order	Chili Bread Bowl Night Buffalo Chicken Lasagna Roasted Autumn Vegetables-VGN Buttermilk Smashed Potatoes-V Corn on the Cob-VGN Fettuccine Alfredo-V