



Wells Central – Week of February 12, 2012

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 –Fruit and Yogurt Bar, Waffle Bar; Lunch & Dinner – Salad Bar, Pizza

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		Cream of Wheat-VGN Eggs Cooked to Order Hard Boiled Eggs-V Home Fries-VGN Reduced Fat Turkey Sausage Patties Bacon, Egg and Cheese English Muffin Egg and Cheese English Muffin-V	Hot Maple Cereal-VGN Eggs Cooked to Order Hard Boiled Eggs-V Hash Browns-VGN Grilled Ham Ham, Egg and Cheese Bagel Egg and Cheese Bagel-V	Oatmeal-VGN Eggs Cooked to Order Hard Boiled Eggs-V Potato Ovals-VGN Sausage Patties Sausage, Egg and Cheese Biscuit Egg and Cheese Biscuit-V	Cream of Wheat-VGN Eggs Cooked to Order Hard Boiled Eggs-V Potato Puffs-VGN Turkey Sausage Patties Turkey Sausage, Egg and Cheese Whole Wheat Bagel Egg and Cheese Whole Wheat Bagel-V	Hot Maple Cereal-VGN Eggs Cooked to Order Hard Boiled Eggs-V Skin-on Browns-VGN Bacon Bacon, Egg, and Cheese Croissant Egg and Cheese Croissant-V	BRUNCH Oatmeal-VGN Scrambled Eggs-V Omelet Bar French Toast Sticks-V
LUNCH	Wild Maine Blueberry Pancakes-V Potato Ovals-VGN Sausage Patties Loaded Baked Potato Soup Tomato and Rice Soup-VGN Popcorn Chicken <<Pad Thai-N>>VGN Chopped Spinach-VGN	Chicken Tortilla Soup Red Lentil Indian Stew-VGN Appetizer Bar Cheese Pizza-V Pepperoni Pizza Chicken Broccoli Alfredo Pizza Buffalo Chicken Sub Deli Bar Krinkle Kut Fries-VGN Sausage Tuscany Cheese Ravioli-V Broccoli Florets-VGN	Split Pea Soup with Ham Three Bean Chili-VGN Chili Bread Bowl Bar Cheese Pizza-V Pepperoni Pizza White Pizza with Shallots, Spinach & Tomato-V Philly Steak Sub Deli Bar Skin-On Shoestring Fries-VGN Chicken Quesadilla Cheese Quesadilla-V Spanish Rice-VGN Santa Fe Corn-VGN	Corn Chowder-V Minestrone Soup-VGN Quesadilla Bar Cheese Pizza-V Pepperoni Pizza BBQ Chicken Pizza Chicken Cordon Bleu Sub Deli Bar Spicy Spiral Fries-VGN Hot Turkey Sandwich Vegetable Chop Suey-VGN Corn-VGN	Chicken Stew Vegetable Barley Soup-VGN Wings & Things Bar Cheese Pizza-V Pepperoni Pizza Greek Pizza-V Meatball Sub Deli Bar Battered Fries-VGN Szechuan Pork Vegetarian Fried Rice-V Snow Peas-VGN	<<Clam Chowder-S>> Roasted Vegetable and Potato Soup-VGN Baked Potato Bar Cheese Pizza-V Pepperoni Pizza Meat Lover's Pizza Chicken Parmesan Sub Deli Bar Krinkle Kut Fries-VGN <<Buffalo Shrimp-S>> <<Gnocchi with Creamy Pesto-N>>VGN Prince William Vegetable Blend-VGN	Potato Ovals-VGN Reduced Fat Turkey Sausage Patties Turkey Rice Soup Tomato Soup-VGN Teriyaki Chicken Dippers Pasta Primavera with Edamame-VGN Parslied Baby Carrots-VGN
DINNER	Maple Glazed Ham Moroccan BBQ Chicken Roasted Vegetable Couscous-VGN Au Gratin Potatoes-V Green Beans-VGN Grill Items Battered Fries-VGN	<<Oven Roasted Sides of Salmon-S>> Chicken Cacciatore Portabella Mushroom Stack-V Garlic Mashed Potatoes-V Manicotti-V Pasta Bar <<Beef and Broccoli or Vegetable Peanut Stir-fry-N>> Steamed Zucchini-VGN	BBQ Roasted Turkey Korean BBQ Beef Oven Baked Tempeh-VGN Organic Smashed Potatoes-V Bread Stuffing-V Stuffed Shells Marinara-V Pasta Bar <<Cashew Pork or Vegetable Stir-fry-N>>	Roast Pork au Poivre Montreal Chicken <<Maple Pecan Quinoa-N>> VGN Baby Baked Potatoes-VGN Vegetarian Baked Ziti-V Pasta Bar Chicken or Vegetable Stir-fry Vegetable Sauté-VGN	Breakfast For Dinner Baked Ham Bacon and Egg Strata Egg and Cheese Strata-V Whole Grain Belgian Waffle Sticks-V Roasted Red Potatoes-VGN Green Peas-VGN Teriyaki Beef or Vegetable Stir-fry Sausage Calzone Pasta Bar	Chicken Tenders Macaroni and Cheese-V BBQ Tempeh-VGN Pasta Bar Broccoli Florets-VGN	London Broil Teriyaki Pork Chops Tofu Vegetable Sauté-VGN Baked Potatoes-VGN Grill Items Skin-On Shoestring Fries-VGN French Cut Green Beans-VGN