



Wells Central–Week of February 5, 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 – Scrambled Eggs, Fruit and Yogurt Bar, Waffle Bar; Dinner – Pizzas at Degrees repeated

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|---|--|---|--|---|--|---|
| BREAKFAST | BRUNCH Scrambled Eggs-V Hot Maple Cereal-VGN Skin-On Browns-VGN Sausage Patties Whole Wheat Pumpkin Pancakes-V Omelet Bar | Eggs Cooked to Order Hard Boiled Eggs-V Potato Ovals-VGN Oatmeal-VGN Turkey Sausage Patties Turkey Sausage, Egg, and Cheese Biscuit Egg and Cheese Biscuit-V | Eggs Cooked to Order Hard Boiled Eggs-V Home Fries-VGN Cream of Wheat-VGN Bacon Bacon, Egg and Cheese English Muffin Egg and Cheese English Muffin-V | Eggs Cooked to Order Hard Boiled Eggs-V Hash Browns-VGN Hot Maple Cereal-VGN Reduced Fat Turkey Sausage Links Sausage, Egg and Cheese Croissant Egg and Cheese Croissant-V | Eggs Cooked to Order Hard Boiled Eggs-V Potato Ovals-VGN Oatmeal-VGN Grilled Ham Ham, Egg and Cheese Bagel Egg and Cheese Bagel-V | Eggs Cooked to Order Hard Boiled Eggs-V Potato Puffs-VGN Cream of Wheat-VGN Sausage Patties Sausage, Egg and Cheese Biscuit Egg and Cheese Biscuit-V | BRUNCH Scrambled Eggs-V Hot Maple Cereal-VGN Skin-On Browns-VGN Turkey Sausage Patties Quiche Lorraine Three Cheese Quiche-V Omelet Bar |
| LUNCH | White Chicken Chili with Cilantro Cream of Tomato Soup-V Swedish Meatballs Pierogies with Peppers and Onions-V Egg Noodles-V Sliced Carrots-VGN | Beef Stew Tomato Soup with Garden Vegetables-VGN Appetizer Bar Cheese Pizza-V Pepperoni Pizza Bacon Cheeseburger Pizza Buffalo Chicken Sub Deli Bar Spicy Spiral Fries-VGN <<Boston Batter Cod-S>> Shells and Cheese-V Broccoli and Cauliflower-VGN | Tuscan Minestrone Roasted Vegetable and Potato Soup-VGN Chili Bread Bowl Bar Cheese Pizza-V Pepperoni Pizza Greek Pizza-V Philly Steak Sub Deli Bar Battered Fries-VGN Buffalo Chicken Wings Tortellini Alfredo-V French Cut Green Beans-VGN | Vegetable Tortellini Soup-V Winter Squash Soup-V Quesadilla Bar Cheese Pizza-V Pepperoni Pizza BBQ Chicken Pizza Chicken Cordon Bleu Sub Deli Bar Beef Lo Mein Vegetable Lo Mein-VGN Sugar Snap Peas-VGN | Turkey Noodle Soup Grilled Mediterranean Vegetable Soup-VGN Wings & Things Bar Cheese Pizza-V Pepperoni Pizza Margharita Pizza-VGN Meatball Sub Deli Bar Skin-On Shoestring Fries-VGN Frito Pie Broccoli and Sour Cream Enchiladas-V Santa Fe Corn-VGN | <<Fish Chowder-S>> Black Bean Soup-VGN Baked Potato Bar Cheese Pizza-V Pepperoni Pizza Buffalo Chicken Pizza Chicken Parmesan Sub Deli Bar Spicy Spiral Fries-VGN Kielbasa with Peppers and Onions Eggplant Parmesan-V Steamed Zucchini-VGN | Chicken Rice Soup Tomato Soup-VGN Baked Ziti with Meat Sauce Vegetable Sauté with Tofu-VGN Green Peas-VGN |
| DINNER | Super Bowl 2012 Chips & Salsa Super Subs Buffalo Wings BBQ Pork Ribs Skewer-less Grilled Vegetable Kabobs-VGN Red Hot Dogs/Veggie Dogs-V Fried Potato Skins Corn Cobettes-VGN Grill Items Shoestring Fries-VGN | Roast Turkey Grilled Marinated Beef Tips Jazzman Jambalaya-VGN Buttermilk Smashed Potatoes-V Corn-VGN Cheese Ravioli Marinara-V Corn-VGN Pasta Bar Teriyaki Chicken or Vegetable Stir-fry | Pork Loin Stuffed w/ Spinach & Peppers Savory Baked Chicken Whole Wheat Pasta w/ Kale and Cannellinis-VGN <<Stuffed Shells with Creamy Pesto-N>> V Summer Squash-VGN Pasta Bar Szechuan Beef or Tofu Stir-fry | Chicken Marsala <<Fish and Chips-S>> Pasta Primavera with Edamame-VGN Greek Macaroni & Cheese-V Green Peas-VGN Pasta Bar <<Broccoli Peanut Vegetable or Pork Stir-fry-N>> | Black History Month Celebration Baked Ham Dirty Rice Chicken Stew with Dumplings Okra Gumbo-V Authentic Cajun Red Beans & Rice-VGN Candied Carrots-VGN Pasta Bar <<Cashew Chicken or Vegetable Stir-fry-N>> | Chicken Tenders Shells and Cheese-V Ratatouille-VGN Organic Smashed Potatoes-V Whole Green Beans-VGN Pasta Bar | Roast Beef au Jus <<Rustic Italian Cod-S>> Tofu-Stuffed Portabella Mushroom Cap-VGN Baked Potatoes-VGN Corn-VGN Grill Items Battered Fries-VGN |

