



## York Menu – Week of November 8, 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* – Scrambled & Hard-boiled Eggs; Eggs to Order; *Lunch & Dinner* – Burger Bar; Organic Brown Rice; *Tomato Soup-VGN*;  
Self-Serve Pizza or Quesadilla Bar *Dinner* –Pasta Bar

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Cream of Wheat-VGN Bacon, Egg & Cheese Croissant Egg & Cheese Croissant-V Pancakes-V Grilled Ham Hash Browns-VGN Swiss Cheese Omelet-V	Hot Maple Cereal-VGN Ham, Egg & Cheese Biscuit Egg & Cheese Biscuit-V Texas French Toast-V Bacon Home Fries-VGN Pizza Omelet	Oatmeal-VGN Sausage, Egg & Cheese English Muffin Egg & Cheese English Muffin-V Wild Maine Blueberry Pancakes-V Sausage Patties Potato Puffs-VGN Ham and Cheese Omelet	Cream of Wheat-VGN Ham, Egg & Cheese Bagel Egg & Cheese Bagel-V Whole Grain Belgian Waffle Sticks-V Reduced Fat Turkey Sausage Links Skin-On Browns-VGN Cheddar Cheese Omelet-V	Hot Maple Cereal-VGN Bacon, Egg & Cheese Wrap Egg & Cheese Wrap-V Multigrain Pancakes-V Bacon Potato Ovals-VGN Garden Omelet-V
LUNCH	<b>BRUNCH</b> Scrambled Eggs-V French Toast Sticks-V Low Fat Turkey Sausage Patties Potato Ovals-VGN <u>UMO vs. BU Pregame Meal</u> “Beat BU” White Chicken Chili “Power Play” Meat Lover’s Pizza “Blue Line” Cheese Pizza-V “Slap Shot” Buffalo Wings Burger Bar Krinkle Kut Fries-VGN Vegetable Fried Rice-V <<Chinese Noodles-N>> V Corn-VGN	Chicken Rice Soup Carrot Bisque-V Burger Bar Battered Fries-VGN <b>Just Like Home</b> <<Clam Strips-S>> Shells & Cheese-V <<Cashew Vegetable Stir-Fry-N>>VGN Sugar Snap Peas-VGN <b>Deli Specialty</b> Tuscany Beef Sandwich <b>Grill Specialty</b> Pepper Jack Slider	Turkey Noodle Soup Chipotle Black Bean Soup-VGN Burger Bar Skin-On Potato Wedges-VGN <b>Just Like Home</b> All-American Wings American Chop Suey Baked Potato Bar Broccoli with Cheese Sauce-V <b>Deli Specialty</b> Spicy Chicken Panini <b>Grill Specialty</b> Brie & Caramelized Onion Slider	<<Clam Chowder-S>> Minestrone-VGN Burger Bar Skin-On Shoestring Fries-VGN <b>Just Like Home</b> Buffalo Chicken Tenders Penne Broccoli Alfredo-V Authentic Cajun Red Beans and Rice-VGN Green Peas-VGN <b>Deli Specialty</b> Buffalo Chicken Wrap/ Buffalo Tofu Wrap-VGN <b>Grill Specialty</b> Greek Slider	Tuscan Minestrone Cream of Spinach Soup-V Burger Bar Krinkle Kut Fries-VGN <b>Just Like Home</b> Bacon, Egg & Cheese Flatbread Egg & Cheese Flatbread-V Reduced Fat Turkey Sausage Links Skin-On Browns-VGN Parslied Baby Carrots-VGN Scrambled Egg Bar <b>Deli Specialty</b> Ham & Swiss on 12 Grain Bread <b>Grill Specialty</b> Smoked Gouda Slider	Beef Stew Vegetable Lentil Soup-VGN Burger Bar Battered Fries-VGN <b>Just Like Home</b> Chicken Tenders Assorted Stromboli Whole Wheat Tomato Basil Pasta-VGN Corn on the Cob-VGN <b>Deli Specialty</b> Turkey Reuben Panini <b>Grill Specialty</b> Aloha Slider
DINNER	Maple Glazed Turkey Breast <<Fried Haddock-S>> Mashed Potatoes-V Bread Stuffing Broccoli & Cauliflower-VGN Garlic Broccoli Linguine-VGN	Spiced Pork with Bourbon Sauce General Tso’s Chicken White Rice-VGN Parslied Potatoes-VGN Polynesian Stir-fry-VGN <<Stir-fried Carrots-N>>-VGN Manicotti-V	Italian Sausage with Onions and Peppers Pasta Bar Asian Tofu Stir-Fry-VGN Green Peas-VGN Greek Spaghetti-V	Flank Roulade with Red Wine Demi Montreal Chicken Smashed Red Potatoes-V Spanish Rice-VGN Pasta Primavera-VGN Carrots & Turnip-VGN Baked Cheese Ravioli- V	Baked Ham Bacon, Egg & Cheese Whole Wheat Bagel Egg & Cheese Whole Wheat Bagel Crepes with Fruit Toppings-V Omelet Bar to Order Green Beans-VGN Skin-On Browns-VGN Vegetarian Baked Ziti-V	<b>Closed for Friday Dinner Service</b>