



York Menu – Week of November 1, 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 or Stir-fry Bar

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|---|--|---|--|---|---|
| BREAKFAST | | Cream of Wheat Bacon, Egg & Cheese Croissant Egg & Cheese Croissant-V Waffles-V Sausage Links Skin-on Browns Denver Omelet | Hot Maple Cereal Ham, Egg & Cheese English Muffin Egg & Cheese English Muffin-V Texas French Toast-V Bacon Potato Ovals Garden Omelet-V | Oatmeal Bacon, Egg & Cheese Biscuit Egg & Cheese Biscuit-V Oatmeal Banana Pancakes-V Grilled Ham Home Fries Fiesta Omelet-V | Cream of Wheat Ham, Egg & Cheese Whole Wheat Bagel Egg & Cheese Whole Wheat Bagel-V French Toast Sticks-V Bacon Hash Browns Cheese Medley Omelet-V | Hot Maple Cereal Sausage, Egg & Cheese Wrap Egg & Cheese Wrap-V Apple Caramel French Toast Bake-V Low Fat Turkey Sausage Patties Potato Puffs Italian Sausage & Cheese Omelet |
| LUNCH | BRUNCH Scrambled Eggs-V Buttermilk Pancakes-V Sausage Patties Potato Ovals Baked Cheese Ravioli-V Chicken Nuggets Hamburger Bar Spicy Spiral Fries French Cut Green Beans-VGN | <<Seared Salmon and Herb Chowder-S>> Minestrone-VGN Burger Bar Battered Fries Just Like Home <<Popcorn Shrimp>> <<Tortellini with Creamy Pesto-N>> V Szechuan Tofu VGN Green Peas-VGN Deli Specialty Southwest Club Grill Specialty Smoked Gouda Slider | Chicken Rice Soup Vegetarian French Onion Soup-V Burger Bar Skin-on Shoestring Fries Just Like Home Chicken Quesadilla Cheese Quesadilla-V Jalapeno Poppers Refried Beans Santa Fe Corn-VGN Deli Specialty Hot & Spicy Ham Panini Grill Specialty Aloha Slider | << Fish Chowder-S>> Tomato Bisque-V Burger Bar Smiley Fries Just Like Home Buffalo Chicken Tenders Fettuccini Alfredo-V Imperial Vegetables with Tofu-VGN Whole Green Beans Deli Specialty Buffalo Chicken Wrap/ Buffalo Tofu Wrap-VGN Grill Specialty Bacon & Bleu Cheese Slider | Chili Con Carne Creamy Sweet Potato Soup with Maine Maple Syrup-V Burger Bar Skin-On Potato Wedges Just Like Home Monte Cristo Sandwich Bacon Hash Browns Broccoli Florets-VGN Scrambled Egg Bar Deli Specialty Spicy Beef & Cheddar Sub Grill Specialty BBQ, Bacon & Cheddar Slider | Sausage Lentil Soup Corn Chowder-V Burger Bar Krinkle Kut Fries Just Like Home <<Boston Batter Cod-S>> Assorted Pizzas Macaroni & Cheese-V Ratatouille-VGN Peas & Carrots-VGN Deli Specialty Mexican Chicken Wrap Grill Specialty Pepper Jack Slider |
| DINNER | Roast Beef au Jus Savory Baked Chicken Cheddar Mashed Potatoes-V Roasted Vegetable Couscous-VGN Parslied Baby Carrots- VGN | Honey Dijon Crusted Pork Loin <<Baked Herb Crusted Haddock-S>> Shells & Cheese-V Oven Roasted Potatoes Chopped Spinach-VGN Garden Rice Pilaf-VGN | Chicken Parmesan Pasta Bar Whole Wheat Tomato Basil Pasta-VGN Broccoli Florets-VGN Sesame Beef Stir-Fry | BBQ Roasted Turkey Breast Buffalo Chicken Lasagna Mashed Potatoes-V Jazzman Jambalaya- VGN <<Sweet Potato Casserole-N>>V Hubbard Squash-VGN | Baked Ham Sausage, Egg & Cheese Croissant Egg & Cheese Croissant-V German Apple Pancakes-V Omelet Bar to Order Eggs Benedict Cheese Lasagna-V Balsamic Roasted Vegetables-VGN | Closed for Friday Dinner Service |