



## York Menu – Week of November 22, 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			
LUNCH	<b>BRUNCH</b> 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 <b>Just Like Home</b> <<Popcorn Shrimp>> <<Tortellini with Creamy Pesto-N>> V Szechuan Tofu VGN Green Peas-VGN <b>Deli Specialty</b> Southwest Club <b>Grill Specialty</b> Smoked Gouda Slider	Chicken Rice Soup Vegetarian French Onion Soup-V Burger Bar Skin-on Shoestring Fries <b>Just Like Home</b> Chicken Quesadilla Cheese Quesadilla-V Jalapeno Poppers Refried Beans Santa Fe Corn-VGN <b>Deli Specialty</b> Hot & Spicy Ham Panini <b>Grill Specialty</b> Aloha Slider	<b>Closed for            Thanksgiving Break</b>	<b>Closed for            Thanksgiving Break</b>	<b>Closed for            Thanksgiving Break</b>
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	<b>Closed for            Thanksgiving Break</b>			