



York Menu –Week of February 7, 2010

V=Vegetarian (no meat products); VGN=Vegan (no egg, dairy, or meat products);

<<S>> Fish/Shellfish allergy alert; <<-N>> Nut/Peanut allergy alert; ♥ = Dine Smart Choice

DAILY: Breakfast - Eggs to Order; Lunch & Dinner - 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 Sausage, Egg & Cheese Bagel Egg & Cheese Bagel-V Whole Grain Belgian Waffle Sticks-V Grilled Ham Potato Puffs-VGN Greek Omelet-V	Hot Maple Cereal-VGN Bacon, Egg & Cheese English Muffin Egg & Cheese English Muffin-V Texas French Toast-V Bacon Skin-On Browns-VGN Fiesta Omelet-V	Oatmeal-VGN Sausage, Egg & Cheese Croissant Egg & Cheese Croissant-V Raspberry Pancakes-V Sausage Patties Potato Ovals-VGN Cheese Medley Omelet-V	Cream of Wheat-VGN Ham, Egg & Cheese Wrap Egg & Cheese Wrap-V Cinnamon Raisin French Toast-V Reduced Fat Turkey Sausage Links Home Fries-VGN Italian Sausage & Cheese Omelet	Hot Maple Cereal-VGN Sausage, Egg & Cheese Biscuit Egg & Cheese Biscuit-V Pancakes-V Bacon Hash Browns-VGN Bacon & Cheese Omelet
LUNCH	BRUNCH Scrambled Eggs- V Chocolate Chip Pancakes-V Sausage Patties Potato Ovals-VGN <<Buffalo Shrimp-S>> <<Gnocchi with Creamy Pesto Sauce-N>>-V Burger Bar Krinkle Kut Fries Chopped Spinach-VGN	Turkey Rice Soup Potato Cheddar Chowder-V Burger Bar Battered Fries-VGN Just Like Home Kielbasa with Onions and Peppers Spicy Indian Rolls-V Bulgur Vegetable Pilaf-VGN Vegetable Sauté-VGN Deli Specialty Turkey, Apple & Cheddar Panini Grill Specialty Bacon & Bleu Cheese Slider	<<Fish Chowder-S>> Mexican Minestrone-VGN Burger Bar Skin-on Potato Wedges-VGN Just Like Home Chicken Nuggets Mashed Potato Bar Corn-VGN Deli Specialty <<Tuna Melt Panini-S>> Grill Specialty BBQ, Bacon & Cheddar Slider	Bacon Corn Chowder Spicy Lentil Chili-VGN Burger Bar Skin-On Shoestring Fries-VGN Just Like Home Buffalo Chicken Tenders Tortellini Alfredo-V Fried Rice with Edamame-VGN Broccoli Florets-VGN Deli Specialty Buffalo Chicken Wrap/ Buffalo Tofu Wrap-VGN Grill Specialty Pepper Jack Slider	Chicken Tortilla Soup Cream of Broccoli Soup-V Burger Bar Krinkle Kut Fries Just Like Home Hot Turkey Sandwich Greek Pasta-V Organic Smashed Potatoes-V Roasted Vegetable Cous Cous-VGN Sugar Snap Peas-VGN Deli Specialty Roast Beef & Cheddar Panini Grill Specialty Brie & Caramelized Onion Slider	Italian Wedding Soup Vegetable Barley Soup-V Burger Bar Battered Fries Just Like Home Meatloaf Macaroni and Cheese-V Tuscan Rice and Beans-VGN Whole Green Beans-VGN Deli Specialty Chicken Bacon Wrap Grill Specialty Greek Slider
DINNER	SUPER BOWL! Super Subs Red Zone Hot Wings Tailgating BBQ Ribs Goal to Go Red Hot Dogs and Veggie Dogs-V Fried Potato Skins Grilled Vegetable Kabobs-VGN Corn on the Cob-VGN	BBQ Chicken Chili Con Carne Spicy Vegetable Chili-VGN Bread Bowls Sweet Potato Fries Peas & Carrots-VGN Shells & Cheese-V	Baked Ham Chicken Stew with Dumplings Okra Gumbo-V Dirty Rice Authentic Cajun Red Beans and Rice-VGN Collard Greens-VGN Sweet Potato Pie Peach Cobbler White Spinach Lasagna-V <<Broccoli Peanut Stir-Fry-N>>-VGN	<<Oven Roasted Sides of Salmon-S>> Korean BBQ Beef Parmesan Roasted Red Potatoes-V Spicy Tofu with Basil-VGN Broccoli and Cauliflower-VGN Stuffed Shells-V	Maple Glazed Ham Bacon, Egg & Cheese English Muffin Egg & Cheese English Muffin-V Sliced Carrots-VGN Omelet Bar to Order Reduced Fat Turkey Sausage Links Home Fries Fettuccini Alfredo-V	Closed for Friday Dinner Service