



## York Menu – Week of February 12, 2012

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

DAILY: – Lunch & Dinner -Burger Bar & Full Deli Bar; Organic Brown Rice; Tomato Soup-VGN; Pizza or Quesadilla Bar

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Scrambled Eggs-V Hard Boiled Eggs-V Potato Puffs-VGN Sausage Links Pancakes-V Omelet Bar	Eggs Cooked to Order Hard Boiled Eggs-V Hash Browns-VGN Cream of Wheat-VGN Grilled Ham Breakfast Sandwiches to Order	Eggs Cooked to Order Hard Boiled Eggs-V Potato Ovals-VGN Hot Maple Cereal-VGN Sausage Patties Breakfast Sandwiches to Order	Eggs Cooked to Order Hard Boiled Eggs-V Skin-On Browns-VGN Oatmeal-VGN Bacon Breakfast Sandwiches to Order	Eggs Cooked to Order Hard Boiled Eggs-V Home Fries-VGN Cream of Wheat-VGN Turkey Sausage Patties Breakfast Sandwiches to Order	Eggs Cooked to Order Hard Boiled Eggs-V Potato Puffs-VGN Hot Maple Cereal-VGN Grilled Ham Breakfast Sandwiches to Order	Scrambled Eggs-V Hard Boiled Eggs-V Hash Browns-VGN Sausage Patties French Toast Sticks-V Omelet Bar
LUNCH	Loaded Baked Potato Soup Tomato Soup-VGN Sesame Brown Rice Salad-VGN <b>Just Like Home</b> Chicken Nuggets <<Gnocchi with Creamy Pesto Sauce-N>> - V Szechuan Tofu Stir-Fry-VGN Parslried Baby Carrots-VGN Burger Bar Spicy Spiral Fries-VGN	Chicken Tortilla Soup Red Lentil Indian Stew-VGN Black Bean Couscous Salad-VGN <b>Just Like Home</b> <<Popcorn Shrimp-S>> Tortellini Alfredo- V Spicy Tofu with Basil-VGN Broccoli Florets-VGN Burger Bar Deli Bar Battered Fries-VGN Pasta Bar	Split Pea Soup with Ham Three Bean Chili-VGN Jalapeno Quinoa Salad-V <b>Just Like Home</b> Popcorn Chicken Mashed Potato Bar Oven Baked Tempeh-VGN Green Peas-VGN Deli Bar Burger Bar Sweet Potato Fries-VGN Mexican Bar	Corn Chowder-V Minestrone Soup-VGN Sweet Pepper and Brown Rice Salad-V <b>Just Like Home</b> Baked Ziti with Meat Sauce Eggplant Parmesan-V Garlic Broccoli Linguine-VGN Summer Squash-VGN Buffalo Chicken Wrap Burger Bar Deli Bar Smiley Fries-VGN	Chicken Stew Vegetable Barley Soup-VGN Tabbouleh-VGN <b>Just Like Home</b> Chicken Quesadilla Wild Rice-Stuffed Peppers-VGN Jalapeno Poppers-V Santa Fe Corn-VGN Refried Beans-VGN Burger Bar Deli Bar Skin-On Potato Wedges-VGN Noodle Bar	<<Clam Chowder-S>> Roasted Vegetable and Potato Soup-VGN <<Almond Apricot Barley Salad-N>> V <b>Just Like Home</b> <<Boston Batter Cod-S>> Macaroni & Cheese-V Buddah's Feast-VGN Peas and Carrots-VGN Deli Bar Burger Bar Krinkle Kut Fries-VGN Chicken Caesar Wrap	Turkey Rice Soup Tomato Soup-VGN Lentil Couscous Salad-V <b>Just Like Home</b> Quiche Lorraine Three Cheese Quiche-VGN Tofu Vegetable Sauté-VGN Chopped Spinach-VGN Burger Bar Skin-On Shoestring Fries-VGN
DINNER	Roast Beef au Jus <<Fried Haddock-S>> Tempeh with Roasted Vegetables-VGN Spicy Potato Wedges-VGN Stir-fry Bar Stuffed Rigatoni-V Prince William Vegetables-VGN	Baked Ham Grilled Marinated Beef Tips Ratatouille-VGN Caramelized Onion Smashed Potatoes-V Pasta Bar Whole Green Beans-VGN	Wings & Things Baked Potato Bar BBQ Tempeh-VGN Onion Rings-VGN French Fries-VGN Mexican Bar Chopped Spinach-VGN	Herb Roasted Turkey Breast Italian Meatloaf <<Maple Pecan Quinoa-N>> VGN Organic Smashed Potatoes-V Vegetarian Baked Ziti-V Peas and Carrots-VGN Turkey Gravy Buffalo Chicken Wrap Cranberry Sauce-VGN	<<Oven Roasted Sides of Salmon-S>> Herbed Boneless Pork Chops Portabella Mushroom Stacked Lasagna-V Rice Pilaf-V Pasta Primavera with Edamame-VGN Noodle Bar Broccoli & Cauliflower-VGN	Assorted Pizza Savory Baked Chicken <<Pad Thai-N>>VGN Roasted Red Potatoes-VGN Cheese Ravioli Marinara-V Corn-VGN	Chicken Parmesan Meatballs Marinara Spaghetti or Whole Wheat Penne Marinara Sauce-VGN Alfredo Sauce-V Whole Wheat Tomato Basil Past-VGN French Cut Green Beans-VGN