



## York Menu – Week of February 5, 2012

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

<<S>> Fish/Shellfish allergy alert; <<-N>> Nut/Peanut allergy alert

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<p><b>BRUNCH</b></p> <p>Scrambled Eggs-V Hard Boiled Eggs-V Skin-On Browns-VGN Texas French Toast-V Sausage Links Omelet Bar</p>	<p>Eggs to Order Hard Boiled Eggs-V Home Fries-VGN Hot Maple Cereal-VGN Bacon Breakfast Sandwiches to Order</p>	<p>Eggs to Order Hard Boiled Eggs-V Potato Puffs-VGN Oatmeal-VGN Turkey Sausage Patties Breakfast Sandwiches to Order</p>	<p>Eggs to Order Hard Boiled Eggs-V Hash Browns-VGN Cream of Wheat-VGN Grilled Ham Breakfast Sandwiches to Order</p>	<p>Eggs to Order Hard Boiled Eggs-V Skin-On Browns-VGN Hot Maple Cereal-VGN Bacon Breakfast Sandwiches to Order</p>	<p>Eggs to Order Hard Boiled Eggs-V Skin-On Browns-VGN Oatmeal-VGN Bacon Breakfast Sandwiches to Order</p>	<p><b>BRUNCH</b></p> <p>Scrambled Eggs-V Hard Boiled Eggs-V Home Fries-VGN Reduced Fat Turkey Sausage Links Whole Grain Belgian Waffle Sticks-V Omelet Bar</p>
<b>LUNCH</b>	<p>White Chicken Chili with Cilantro Cream of Tomato Soup-V Tabbouleh-VGN <b>Just Like Home</b> Chicken Carbonara Casserole Vegetable Quiche-V Tempeh with Roasted Vegetables-VGN Chopped Spinach-VGN Burger Bar Krinkle Kut Fries-VGN</p>	<p>Beef Stew Tomato Soup with Garden Vegetables-VGN Jalapeno Quinoa Salad-V <b>Just Like Home</b> Teriyaki Chicken Dippers Spicy Cajun Pasta-V Bulgur Vegetable Pilaf-VGN Green Peas-VGN Burger Bar Battered Fries-VGN Pasta Bar</p>	<p>Tuscan Minestrone Roasted Vegetable &amp; Potato Soup-VGN Black Bean Couscous Salad-VGN <b>Just Like Home</b> Boneless Teriyaki Pork Chops Greek Pasta-V Roasted Vegetable Couscous-VGN Steamed Zucchini-VGN Burger Bar Skin-On Potato Wedges-VGN Mexican Bar</p>	<p>Vegetable Tortellini Soup-V Winter Squash Soup-V Cranberry Bulgur Salad-VGN <b>Just Like Home</b> Chicken Tenders American Chop Suey Tuscan Rice and Beans-VGN Broccoli Florets-VGN Buffalo Chicken Wrap Burger Bar Skin-On Shoestring Fries-VGN</p>	<p>Turkey Noodle Soup Grilled Mediterranean Vegetable Soup-VGN &lt;&lt;Almond Apricot Barley Salad-N&gt;&gt; V <b>Just Like Home</b> Shepherd's Pie Spanakopita-V Vegetable Stir-Fry-VGN Parslied Baby Carrots-VGN Burger Bar Sweet Potato Fries-VGN Noodle Bar</p>	<p>&lt;&lt;Fish Chowder-S&gt;&gt; Black Bean Soup-VGN Bean and Quinoa Salad-VGN <b>Just Like Home</b> &lt;&lt;Buffalo Shrimp-S&gt;&gt; Macaroni and Cheese-V Fried Rice with Edamame-VGN Whole Green Beans-VGN Burger Bar Battered Fries-VGN Shanghai Beef Wrap</p>	<p>Chicken Rice Soup Tomato Soup-VGN Sesame Brown Rice Salad-VGN <b>Just Like Home</b> Hot Turkey Sandwich Bread Stuffing-V Jazzman Jambalaya-VGN Corn-VGN Burger Bar Skin-On Potato Wedges-VGN</p>
<b>DINNER</b>	<p><b>Super Bowl 2012</b> Chips &amp; Salsa Super Subs Buffalo Wings BBQ Pork Ribs Skewer-less Grilled Vegetable Kabobs-VGN Red Hot Dogs/Veggie Dogs-V Fried Potato Skins Corn Cobettes-VGN Mongolian Wok Stir-fry Bar</p>	<p>London Broil &lt;&lt;Lemon Herb Cod-S&gt;&gt; Hot and Spicy Noodles with Tofu-VGN Rice Pilaf-V Stuffed Shells-V Summer Squash-VGN Pasta Bar</p>	<p>Kansas City BBQ Brisket Southern Fried Chicken Jazzman Jambalaya-VGN Buttermilk Smashed Potatoes-V Shells and Cheese-V Sliced Carrots-VGN Mexican Bar</p>	<p>BBQ Roasted Turkey Breast &lt;&lt;Breaded Baked Haddock-S&gt;&gt; Tofu-Stuffed Portabella Mushroom Cap-VGN Au Gratin Potatoes-V Carrots and Turnip-VGN Buffalo Chicken Wrap</p>	<p><b>Black History Month Celebration</b> Baked Ham Dirty Rice Chicken Stew with Dumplings Okra Gumbo-V Authentic Cajun Red Beans &amp; Rice-VGN Candied Carrots-VGN Noodle Bar</p>	<p>Assorted Pizza &lt;&lt;Tilapia Provençal-S&gt;&gt; Organic Smashed Potatoes-V Tofu Vegetable Sauté-VGN Penne Broccoli Alfredo-V Prince William Vegetables-VGN</p>	<p>Chicken Cacciatore Meatballs Marinara Spaghetti/Whole Wheat Penne Marinara Sauce-VGN Alfredo Sauce-V White Spinach Lasagna-V Garlic Vegetable Saute-VGN</p>