





	Monday 10/10/2022	Tuesday 10/11/2022	Wednesday 10/12/2022	Thursday 10/13/2022	Friday 10/14/2022
BREAKFAST Fresh  Invigorating	Warm Blueberry Muffin Hard Boiled Egg Fresh Fruit	Bagel Egg and Cheese Sandwich Fresh Fruit	Hot Cinnamon Oatmeal w/ Raisins	Breakfast Pizza, Egg, Cheese, Turkey Sausage Fresh Fruit	Glazed French Toast w/ Strawberry Compote
SIGNATURE INSPIRED • INNOVATIVE • IN-STYLE	Carolina Pulled Pork, Seasoned Gnocchi Baked Beans Coleslaw Fresh Fruit	Build-Your-Own Burrito Bowl Chicken Beef Tofu Lime Cilantro Rice Corn Salsa Pinto Beans Lettuce Chees Sour Cream Fresh Pineapple	Raider Bowl Crispy Popcorn Chicken, Mashed Potatoes Buttered Corn Honey Corn Biscuit Baked Apples	Build-Your-Own Gyro Beef or Chicken Pita Lettuce Tomato Cucumber Onion Tzatziki Sauce Baked Fries Fresh Fruit	Baked BBQ Chicken Scalloped Potatoes Green Beans Biscuit Fresh Grapes
PIZZA OVEN-FRESH  HANDCRAFTED	Chicken Ranch Pizza Cheese Pizza	Turkey Sausage Pizza Cheese Pizza	Veggie Pizza Cheese Pizza	Breakfast Pizza Cheese Pizza	Turkey Pepperoni Pizza Cheese Pizza
GRILL SIZZLING, SEASONED & SASSY	Grilled Chicken Sandwich Hand-Pressed Cheeseburgers	Double Dogs Sandwich Hand-Pressed Cheeseburgers	Turkey and Cheese Panini Hand-Pressed Cheeseburgers	Chicken Parmesan Sandwich Hand-Pressed Cheeseburgers	Spicy Chicken Sandwich Hand-Pressed Cheeseburgers
DOS MANOS	Enjoy Your Favorite ... a Burrito, a Salad, a Bowl or Nachos Choose from the following selections: Chipotle Chicken, Seasoned Beef, Lime Cilantro Rice, Black Beans Toppings include Lettuce, Cheese, Salsa's, Sour Cream, Guacamole				
SALAD BAR Crisp, Crunchy & Nutritious	Create-Your-Own Fresh Salad Daily Choice of: Romaine, Spring Mix, Spinach Protein Choices: Diced Chicken, Turkey, or Tuna Assorted Toppings: Cucumbers, Onions, Tomatoes, Peppers, Chopped Eggs, Croutons, Shredded Cheese				

Contact your Chef Resident Director, Mark Jacobs, at 216-295-4342
or email Jacobs_m@shaker.org for questions or comments.

