





	Monday 9/19/22	Tuesday 9/20/22	Wednesday 9/21/22	Thursday 9/22/22	Friday 9/23/22
<b>BREAKFAST</b> Fresh  Invigorating	Yogurt Parfait w/ Berry Compote and Granola Fresh Fruit	Biscuit Egg and Cheese Sandwich Fresh Fruit	Whole Grain Banana Bread Fresh Fruit	Egg and Cheese Breakfast Burrito Fresh Fruit	Whole Grain Pancakes Turkey Sausage Fresh Fruit
<b>SIGNATURE</b> INSPIRED • INNOVATIVE • IN-STYLE	BBQ Chicken, House-Made Macaroni and Cheese, Roasted Brussels Sprouts, Fresh Fruit Cup	Chicken Quesadilla, Cilantro Lime Brown Rice, Black Beans, Corn, Salsa, Sour Cream, Guacamole Fresh Pineapple	<b>Breakfast for Lunch</b> House-Made French Toast, Turkey Sausage, Sweet Potatoes, Hashbrowns, Baked Apples	<b>Build-Your-Own Pho Bar</b> Rice Noodles Veggie Broth Beef or Tofu Fresh Toppings: Cilantro, Lime, Jalapenos, Siracha, Veggie Spring Roll, Fresh Fruit	Meatloaf Mashed Potato and Gravy Fresh Green Beans Garlic Roll Fresh Grapes
<b>PIZZA</b> OVEN-FRESH  HANDCRAFTED	BBQ Chicken Pizza  Cheese Pizza	Garlic White Pizza  Cheese Pizza	Meatball Pizza  Cheese Pizza	Buffalo Chicken Pizza  Cheese Pizza	Turkey Pepperoni Pizza  Cheese Pizza
<b>GRILL</b> SIZZLING, SEASONED & SASSY	Crispy Chicken Sandwich  Hand-Pressed Cheeseburgers	Mozzarella Filled Breadsticks with Marinara  Hand-Pressed Cheeseburgers	Meatball Sub  Hand-Pressed Cheeseburgers	Spicy Chicken Sandwich  Hand-Pressed Cheeseburgers	Extreme Grilled Cheese Sandwich  Hand-Pressed Cheeseburgers
<b>DOS MANOS</b>	<b>Enjoy Your Favorite ... a Burrito, a Salad, a Bowl or Nachos</b> Choose from the following selections: Chipotle Chicken, Seasoned Beef, Lime Cilantro Rice, Black Beans Toppings include Lettuce, Cheese, Salsas, Sour Cream, Guacamole				
<b>SALAD BAR</b> Crisp, Crunchy & Nutritious	<b>Create-Your-Own Fresh Salad</b> 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				
<b>Contact your Chef Resident Director, Mark Jacobs, at 216-295-4342            or email <a href="mailto:Jacobs_m@shaker.org">Jacobs_m@shaker.org</a> for questions or comments.</b>					

