





	Monday 1/23/2023	Tuesday 1/24/2023	Wednesday 1/25/2023	Thursday 1/26/2023	Friday 1/27/2023
<b>BREAKFAST</b> 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
<b>SIGNATURE</b> INSPIRED • INNOVATIVE • IN-STYLE	Carolina Pulled Pork, Seasoned Gnocchi Baked Beans Coleslaw Fresh Fruit	<b>Build-Your-Own Burrito Bowl</b> Chicken Beef Tofu Lime Cilantro Rice Corn Salsa Pinto Beans Lettuce Chees Sour Cream Fresh Pineapple	<b>Raider Bowl</b> Crispy Popcorn Chicken, Mashed Potatoes Buttered Corn Honey Corn Biscuit Baked Apples	<b>Build-Your-Own Gyro</b> Beef or Chicken Pita Lettuce Tomato Cucumber Onion Tzatziki Sauce Baked Fries Fresh Fruit	Baked BBQ Chicken Scalloped Potatoes Green Beans Biscuit Fresh Grapes
<b>PIZZA</b> 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
<b>GRILL</b> 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
<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, Salsa's, 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				

Contact your Chef Resident Director, Mark Jacobs, at 216-295-4342  
or email [Jacobs\\_m@shaker.org](mailto:Jacobs_m@shaker.org) for questions or comments.

