



	Monday 11/28/2022	Tuesday 11/29/2022	Wednesday 11/30/2022	Thursday 12/1/2022	2Friday 12/2/2022
BREAKFAST <i>Fresh AND Invigorating</i>	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
SIGNATURE <i>INSPIRED • INNOVATIVE • IN-STYLE</i>	Potato and Cheese Pierogis, Diced Chicken Broccoli Sour Cream Fresh Fruit	Chili Tex Mex Bowl Chili Baked Sweet Potato Wedges Cheese Sauce Seasoned Corn Fresh Pineapple	Breakfast For Lunch Pancakes Turkey Sausage Yogurt Parfait with Fruit Compote, Broccoli Salad Baked Apples	Garlic, Lemon, Herb Chicken Seasoned Rice Cucumber Salad Hummus and Pita Fresh Fruit	Crispy Chicken Tenders, Cheesy Au Gratin Potatoes, Roasted Broccoli Fresh Grapes
PIZZA <i>OVEN-FRESH AND HANDCRAFTED</i>	Pesto Chicken Pizza Cheese Pizza	Broccoli and Cheddar Pizza Cheese Pizza	Spinach Pizza Cheese Pizza	Buffalo Chicken Pizza Cheese Pizza	Turkey Pepperoni Pizza Cheese Pizza
GRILL <i>SIZZLING, SEASONED & SASSY</i>	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 <i>Crisp, Crunchy & Nutritious</i>	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.**

