



	Monday 9/19/22	Tuesday 9/20/22	Wednesday 9/21/22	Thursday 9/22/22	Friday 9/23/22
BREAKFAST 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
SIGNATURE 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	Breakfast for Lunch House-Made French Toast, Turkey Sausage, Sweet Potatoes, Hashbrowns, Baked Apples	Build-Your-Own Pho Bar 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
PIZZA 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
GRILL 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
WRAPPED DELICIOUS  PORTABLE	Build-Your-Own Fresh Wrap Choose from the following selections: Chicken, Turkey, Tuna, Assorted Cheeses, Lettuce, Onions, Cucumbers, Pickles, Honey Mustard, Mayo, Lite Ranch				
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
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