

CHAMPLIN WEEKLY MENU

Week of October 20-26

<u>Monday - Friday:</u>
Breakfast 7am - 10:30am
Lunch 11am - 4pm
Dinner 4:30pm - 7pm

<u>Saturday- Sunday:</u>
Breakfast 9:30am - 10:30am
Lunch 11am - 4pm
Dinner 4:30pm - 6pm

<u>BREAKFAST Available Daily:</u> Bacon, Turkey Bacon, Sausage, Fruit/Yogurt, Cereals/Hot & Cold, MYO Waffles & Pancakes, Breakfast Potatoes, Bagels/Pastries
<u>LUNCH Available Daily:</u> Hamburgers Cheeseburgers, Chicken Sandwich, Fries, Onion Rings, Mac & Cheese, Pizza, MYO Waffles & Pancakes, CTO, Hot Bar, Deli, Salad Bar, & Ice Cream
<u>DINNER Available Daily:</u> Hamburgers Cheeseburgers, Chicken Sandwich, Fries, Onion Rings Pizza, CTO, Hot Bar, Deli, Salad Bar, & Ice Cream

- **Chicken Sandwich, Hamburgers & Cheeseburgers: Everyday**
****Pasta served with 3 Sauces at Pizza Station every Lunch & Dinner except special Pasta Wednesdays**
****Macaroni & Cheese Everyday (Next to French Fries)**
*** Salad of the Week: Make Your Own Waldorf Salad – Celery, Grapes, Walnuts, Apples, Chicken & Craisins with a creamy Waldorf Dressing**

~ Menu subject to change due to availability ~

BREAKFAST	LUNCH	DINNER
MONDAY – 10/20 OMELETS TO ORDER Waffle Sandwich with Egg & Sausage	SOUP: Chicken Noodle Soup ENTRÉE: Sweet & Spicy Asian Garlic Chicken STARCH & VEGETABLE: White Rice / Bok Choy, Peppers, Onions, Baby Corn & Garlic Oil SALAD: Macaroni Salad COOK’S CORNER: Omelet Extension ALLERGEN: GF Sweet & Spicy Asian Garlic Chicken, White Rice, Bok Choy, Peppers, Onions, Baby Corn & Garlic Oil PIZZA: Buffalo Chicken Pizza DESSERT: Rice Krispies Treats	SOUP: Chicken Noodle Soup ENTRÉE: Blackened Chicken Topped with Pepperjack Cheese STARCH & VEGETABLE: Sweet Potato Waffle Fries / Monte Carlo Blend Veggies SALAD: Macaroni Salad COOK’S CORNER: Omelet Extension ALLERGEN: GF Blackened Chicken, Baked Sweet Potato Waffle Fries & Monte Carlo Blend Veggies PIZZA: Buffalo Chicken Pizza DESSERT: Chocolate Layer Cake
TUESDAY – 10/21 OMELETS TO ORDER Apple Oat Strudel Puffs	SOUP: Ham & Bean Soup ENTRÉE: Pan Roasted Sausage with Onions & Peppers with Hoagie Roll STARCH & VEGETABLE: Seasoned Wedge Potatoes / Sauteed Zucchini with Tomatoes & Garlic in Olive Oil SALAD: Broccoli Bacon Salad COOK’S CORNER: SUSHI BAR!! DELI: BURRITO BAR! ALLERGEN: Sausage & Peppers on GF Roll with Sauce & Mozzarella, Steamed Potatoes, Sauteed Zucchini with Tomatoes & Garlic in Olive Oil PIZZA: DAMASCUS PIZZA DEMO!! DESSERT: Caramel Toffee Cookies	SOUP: Ham & Bean Soup ENTRÉE: Roasted London Broil with Beef Gravy STARCH & VEGETABLE: Mashed Potatoes / Corn SALAD: Broccoli Bacon Salad COOK’S CORNER: SUSHI BAR!! DELI: BURRITO BAR! ALLERGEN: GF Panko Crusted Chicken Served on a Bed of GF Broccoli Cheddar Sauce, GF Scalloped Potatoes & Sauteed Spinach DESSERT: Hot Apple Crisp
WEDNESDAY – 10/22 OMELETS TO ORDER Egg & Cheese on a Kaiser Roll	SOUP: Homemade Cream of Mushroom Soup ENTRÉE: Chicken Souvlaki Served with Shredded Lettuce, Diced Tomatoes, Red Onion, Tzatziki Sauce & Pita Bread STARCH & VEGETABLE: Confetti Cous Cous / California Blend Veggies SALAD: Mexican Chopped Salad COOK’S CORNER: Pasta Action w/ choice of Chicken, Shrimp, Sausage, Veggies & Sauces ALLERGEN: Chicken Souvlaki Served with Shredded Lettuce, Diced Tomatoes, Red Onion, Tzatziki Sauce on GF Flat Bread, White Rice & Sauteed Vegetables PIZZA: Garlic Knots / Stuffed Shells DESSERT: White Chip Macadamia Cookies	SOUP: Homemade Cream of Mushroom Soup ENTRÉE: Italian Breaded Chicken Breast Served on a Bed of Broccoli Cheddar Cheese STARCH & VEGETABLE: Scalloped Potatoes / Sauteed Spinach SALAD: Mexican Chopped Salad COOK’S CORNER: Pasta Action with choice of Chicken, Shrimp, Sausage, Veggies, & Sauces ALLERGEN: Carved Roasted London Broil, GF Beef Gravy, Mashed Potatoes & Corn PIZZA: Garlic Knots / Stuffed Shells DESSERT: Cookies & Cream Pie
THURSDAY – 10/23 OMELETS TO ORDER Breakfast Burrito Performance Food Group Dietitian Available 11:00 AM – 2:00 PM	SOUP: Potato Leek Soup ENTRÉE: Asian BBQ Pork & Pot Stickers STARCH & VEGETABLE: Jasmine Rice / Steamed Broccoli SALAD: Farro Salad COOK’S CORNER: Roasted or Fried Chicken Wrap DELI: BURRITO BAR! ALLERGEN: Grilled Pork Chops, Jasmine Rice & Steamed Broccoli PIZZA: Roasted Garlic, Ricotta, Spinach & Grilled Chicken Pizza DESSERT: Chocolate Eclairs	SOUP: Potato Leek Soup ENTRÉE: Baked Cod with Carlie Parmesan Crust STARCH & VEGETABLE: Rice Pilaf / Sauteed Green Beans, Peppers, Yellow Squash, Onion & Garlic SALAD: Farro Salad COOK’S CORNER: Roasted or Fried Chicken Wrap DELI: BURRITO BAR! ALLERGEN: GF Penne, Chicken & Broccoli Alfredo PIZZA: Roasted Garlic, Ricotta, Spinach & Grilled Chicken Pizza DESSERT: Make Your Own Crepes
FRIDAY – 10/24 OMELETS TO ORDER Egg & Cheese on an English Muffin	SOUP: Cheeseburger Chowder ENTRÉE: Chicken Parmesan STARCH & VEGETABLE: Garlic Breadsticks / Roasted Asparagus COOK’S CORNER: Steak Tostadas / Burrito Bar ALLERGEN: GF Chicken Parmesan – GF Pasta with Marinara Sauce & Roasted Asparagus PIZZA: Meat Lovers Pizza DESSERT: M&M Cookies	SOUP: Cheeseburger Chowder ENTRÉE: Sliced Roast Beef with Beef Jus STARCH & VEGETABLE: Roasted Baby Potatoes / Chateau Vegetable Blend COOK’S CORNER: Steak Tostadas / Burrito Bar ALLERGEN: Sliced Roast Beef with GF Beef Jus, Roasted Baby Potatoes & Chateau Vegetable Blend PIZZA: Meat Lovers Pizza DESSERT: Red Velvet Cake
SATURDAY – 10/25 Continental Breakfast Omelets (CTO) 9:30am-11:00am	SOUP : Soup Du Jour ENTRÉE : Breakfast Potatoes, Bacon, Sausage & Scrambled Eggs (9:30-2:00) French Toast (11:00-2:00) COOK’S CORNER : Omelets HOT CERAL BAR: Oatmeal / Cream of Wheat with dried cherries, craisins, maple syrup, choc chips, spiced apples, coconut cinnamon, brown sugar ALLERGEN: GF Sandwich Bar w/ Choice of Ham, Roast Beef, Turkey, Swiss, Cheddar, American or Provolone on GF Bread PIZZA: Assorted Pizza DESSERT: Assorted Pastries, Muffins & Donuts	SOUP: Soup Du Jour ENTRÉE: Honey Ginger Pork Stir Fry STARCH & VEGETABLE: Basmati Rice / Green Beans COOK’S CORNER: Closed ALLERGEN: GF Honey Giner Pork Stir Fry, Basmati Rice & Green Beans PIZZA: Assorted Pizza DESSERT: Ice Cream Novelties
SUNDAY – 10/26 Continental Breakfast Omelets (CTO) 9:30am-11:00am	SOUP: Soup Du Jour ENTRÉE: Breakfast Potatoes, Bacon, Sausage & Scrambled Eggs (9:30-2:00) Sausage Gravy & Biscuits (11:00-2:00) COOK’S CORNER : Omelets HOT CERAL BAR: Oatmeal / Cream of Wheat with dried cherries, craisins, maple syrup, choc chips, spiced apples, coconut cinnamon, brown sugar ALLERGEN: GF Sandwich Bar w/ Choice of Ham, Roast Beef, Turkey, Swiss, Cheddar, American or Provolone on GF Bread PIZZA: Assorted Pizzas DESSERT: Assorted Pastries, Muffins & Donuts	SOUP : Soup Du Jour ENTRÉE : Teriyaki Beef STARCH & VEGETABLE: Hoisin Noodles / Garlic & Ginger Stir Fried Zucchini & Yellow Squash with Onions COOK’S CORNER : Closed ALLERGEN: GF Teriyaki Beef, White Rice, Garlic & Ginger Stir Fried Zucchini & Yellow Squash with Onions PIZZA: Assorted Pizza DESSERT: Ice Cream Novelties