

CHAMPLIN WEEKLY MENU

Week of January 26 - February 1

**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)

* Visit our NEW Healthy Choice Station Monday-Friday, Located to the Left of the Pizza Station

Monday - Friday:

Breakfast 7am - 10:30am
Lunch 11am - 4pm
Dinner 4:30pm - 7pm

Saturday - Sunday:

Breakfast 9:30am - 10:30am
Lunch 11am - 3:30pm
Dinner 4:00pm - 6pm

BREAKFAST Available Daily:

Bacon, Turkey Bacon, Sausage, Fruit/Yogurt, Cereals/Hot & Cold, MYO Waffles & Pancakes, Breakfast Potatoes, Bagels/Pastries

LUNCH Available Daily:

Hamburgers, Cheeseburgers, Chicken Sandwich, Fries, Onion Rings, Mac & Cheese, Pizza, MYO Waffles & Pancakes, CTO, Hot Bar, Deli, Salad Bar, & Ice Cream

DINNER Available Daily:

Hamburgers, Cheeseburgers, Chicken Sandwich, Fries, Onion Rings, Pizza, CTO, Hot Bar, Deli, Salad Bar, & Ice Cream

~ Menu subject to change due to availability ~

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| MONDAY - 1/26 OMELETS TO ORDER Egg & Cheese on a Bagel | SOUP: Turkey Rice Soup ENTRÉE: WING BAR! STARCH & VEGETABLE: Steamed Potatoes / California Blend Veggies SALAD: Fresh Mozzarella & Tomato Caprese Salad COOK'S CORNER: QUESADILLA BAR! ALLERGEN: GF Chicken Wings, Steamed Potatoes & California Blend Veggies HEALTHY CHOICE: Quinoa Salad PIZZA: English Muffin Pizza DESSERT: Peanut Butter Cookies | SOUP: Turkey Rice Soup ENTRÉE: Chicken & Biscuits (GF) STARCH & VEGETABLE: Buttermilk Biscuits / Chateau Blend Veggies SALAD: Fresh Mozzarella & Tomato Caprese Salad COOK'S CORNER: QUESADILLA BAR! ALLERGEN: GF Chicken & Biscuits, GF Biscuits, Chateau Blend Veggies HEALTHY CHOICE: Quinoa Salad PIZZA: English Muffin Pizza DESSERT: Toasted Almond Cake |
| TUESDAY - 1/27 OMELETS TO ORDER Cheese Blintz w/Strawberry Sauce | SOUP: Beef Chili / Italian Wedding Soup ENTRÉE: Sloppy Joes STARCH & VEGETABLE: Tater Tots w/Bacon & Cheddar / Corn SALAD: Ambrosia Salad COOK'S CORNER: Ramen Noodle Bowl DELI: MEATBALL MANIA – Fontanini Meatballs, Hot Subs, Sweet & Sour Meatballs, Swedish Meatballs ALLERGEN: GF Sloppy Joes w/GF Burger Rolls, Sweet Potato Wedges & Corn HEALTHY CHOICE: Toast Points w/Avocado PIZZA: Mushroom & Onion Pizza DESSERT: Double Chocolate Chip Cookies | SOUP: Beef Chili / Italian Wedding Soup ENTRÉE: Shrimp Scampi Over Linguine Pasta STARCH & VEGETABLE: Garlic Bread / Sauteed Zucchini, Yellow Squash, Grape Tomatoes & Garlic Oil SALAD: Ambrosia Salad COOK'S CORNER: Ramen Noodle Bowl ALLERGEN: GF Baked Ziti w/Meat Sauce & Melted Mozzarella Cheese, Sauteed Zucchini, Yellow Squash, Grape Tomatoes & Garlic Oil HEALTHY CHOICE: Toast Points w/Avocado PIZZA: Mushroom & Onion Pizza DESSERT: Monthly Birthday Cake or Cupcakes |
| WEDNESDAY - 1/28 OMELETS TO ORDER Egg & Cheese on a Kaiser Roll | SOUP: Loaded Potato Soup ENTRÉE: General Tso's Chicken STARCH & VEGETABLE: Jasmine Rice / Asian Style Veggie Blend SALAD: Tuna Mac Salad COOK'S CORNER: Pasta Action w/ choice of Chicken, Shrimp, Sausage, Veggies & Sauces ALLERGEN: GF General Tso's Chicken, Jasmine Rice & Asian Style Veggie Blend HEALTHY CHOICE: Chicken & Black Bean Salad PIZZA: Cheesy Garlic Bread Sticks / Spinach & Cheese Ravioli DESSERT: White Chip Cranberry Cookies Pancake Day: Pancakes with Assorted Toppings! | SOUP: Loaded Potato Soup ENTRÉE: Carved Roasted New York Strip Steak w/GF Beef Gravy STARCH & VEGETABLE: Mashed Potatoes / Sauteed Asparagus with Garlic Oil SALAD: Tuna Mac Salad COOK'S CORNER: Pasta Action with choice of Chicken, Shrimp, Sausage, Veggies, & Sauces ALLERGEN: GF Carved New York Strip w/GF Gravy, Mashed Potatoes & Roasted Asparagus HEALTHY CHOICE: Chicken & Black Bean Salad PIZZA: Cheesy Garlic Bread Sticks / Spinach & Cheese Ravioli DESSERT: Strawberry Layer Cake |
| THURSDAY - 1/29 OMELETS TO ORDER Open Faced Bacon, Egg & Cheese on a Hash Brown | SOUP: Chicken Corn Chowder / Apple Pumpkin Bisque ENTRÉE: GF Chicken Korma – Mild, Aromatic Indian Curry Featuring Tender Chicken in a Rich, Creamy Yogurt Sauce STARCH & VEGETABLE: Basmati Rice / Garlic Naan / Garlic Green Beans SALAD: Cheese Tortellini Pesto Pasta Salad COOK'S CORNER: STIR FRY BAR DELI: BURRITO BAR! ALLERGEN: GF Chicken Korma, Basmati Rice & Garlic Green Beans HEALTHY CHOICE: Hummus with Pita Points PIZZA: Hawaiian Pizza DESSERT: Assorted Cookies | SOUP: Chicken Corn Chowder / Apple Pumpkin Bisque ENTRÉE: Chicken Scarpello – Chicken Thighs with Sausage & Italian Tomato Ragu STARCH & VEGETABLE: Egg Noodles / Sauteed Spinach with Garlic Oil SALAD: Cheese Tortellini Pesto Pasta Salad COOK'S CORNER: STIR FRY BAR DELI: BURRITO BAR! ALLERGEN: GF Chicken Scarpello, GF Rotini & Sauteed Spinach w/Garlic Oil HEALTHY CHOICE: Hummus with Pita Points PIZZA: Hawaiian Pizza DESSERT: Whoopie Pies |
| FRIDAY - 1/30 OMELETS TO ORDER French Toast | SOUP: Tomato Soup ENTRÉE: Beer Battered Fried Cod STARCH & VEGETABLE: Roasted Potato Wedges / Italian Blend Veggies SALAD: DuJour COOK'S CORNER: Grilled Cheese Bar DELI: BURRITO BAR! ALLERGEN: GF Grilled Turkey Melt on GF Bread, Chips & Italian Blend Veggies HEALTHY CHOICE: Turkey Pinwheels w/Roasted Red Peppers & Spinach PIZZA: Broccoli White Pizza DESSERT: Oatmeal Raisin Cookies | SOUP: Tomato Soup ENTRÉE: Chicken & Vegetable Lo Mein STARCH & VEGETABLE: Seasoned Curly Fries / Browned Brains (Roasted Cauliflower) SALAD: DuJour COOK'S CORNER: Fish Taco or Beef Burrito / Burrito Bar DELI: BURRITO BAR! ALLERGEN: GF Chicken Wings, GF Sweet Potato Fries, Roasted Cauliflower HEALTHY CHOICE: Turkey Pinwheels w/Roasted Red Peppers & Spinach PIZZA: Broccoli White Pizza DESSERT: Tuxedo Mousse Cake |
| SATURDAY - 1/31 Continental Breakfast Omelets (CTO) 9:30am-11:00am | SOUP: Soup Du Jour ENTRÉE: Breakfast Potatoes, Bacon, Sausage & Scrambled Eggs (9:30-2:00) Broccoli, Cheddar & Egg Strudel (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 & Donuts | SOUP: Soup Du Jour ENTRÉE: Roasted Pork Loin w/GF Pan Gravy STARCH & VEGETABLE: Baked Potatoes / Roasted Brussel Sprouts COOK'S CORNER: Closed ALLERGEN: Roasted Pork Loin w/GF Pan Gravy, Baked Potatoes & Roasted Brussel Sprouts PIZZA: Assorted Pizza DESSERT: Sundae Bar |
| SUNDAY - 2/1 Continental Breakfast Omelets (CTO) 9:30am-11:00am | SOUP: Soup Du Jour ENTRÉE: Breakfast Potatoes, Bacon, Sausage & Scrambled Eggs (9:30-2:00) Bread Pudding w/Vanilla Custard Sauce (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 & Donuts | SOUP: Soup Du Jour ENTRÉE: Deconstructed Beef Kebab w/Grape Tomatoes, Onions & Mushrooms STARCH & VEGETABLE: Steamed Potatoes / Snap Peas COOK'S CORNER: Closed ALLERGEN: GF Deconstructed Beef Kebab w/Grape Tomatoes, Onions & Mushrooms, Steamed Potatoes & Snap Peas PIZZA: Assorted Pizza DESSERT: Sundae Bar |