

CHAMPLIN WEEKLY MENU

Week of October 21 – 27

****Chicken Sandwich, Hamburgers & Cheeseburgers: Everyday**
****Pasta served with 2 Sauces at Pizza Station every Lunch & Dinner except special Pasta Wednesdays**

<u>BREAKFAST</u>	<u>LUNCH</u>	<u>DINNER</u>
MONDAY – 10/21 OMELETS TO ORDER Waffle Sandwich w/Egg & Sausage	SOUP: Chicken Noodle ENTRÉE: Chicken Souvlaki with Shredded Lettuce, Diced Tomatoes, Red Onion, Tzatziki Sauce & Pita Bread STARCH & VEGETABLE: Rice Pilaf / Garden Vegetable Blend SALAD: Broccoli Bacon Salad COOK’S CORNER: Thai Curry Bowl – Choice Chicken, Shrimp, Veggies in Thai Coconut curry sauce over Basmati rice ALLERGEN: Chicken Souvlaki with Shredded Lettuce, Diced Tomatoes, Red Onion, Tzatziki Sauce & GF Flat Bread, Rice Pilaf & Garden Veggies PIZZA: Buffalo Chicken Pizza DESSERT: Magic Cookie Bar	SOUP: Chicken Noodle ENTRÉE: Dominican Style Pulled Pork Carnitas w/ Toppings and Tortillas on the side STARCH & VEGETABLE: Parsley Buttered Potatoes / Sauteed Green Beans, Peppers, Yellow Squash & Garlic SALAD: Broccoli Bacon Salad COOK’S CORNER: Thai Curry Bowl – Choice Chicken, Shrimp, Veggies in Thai Coconut curry sauce over Basmati rice ALLERGEN: Sausage & Peppers, GF Roll w/ Sauce & Mozz, Sauteed Veggies, Steamed Potatoes PIZZA: Buffalo Chicken Pizza DESSERT: Pumpkin Pie
TUESDAY 10/22 OMELETS TO ORDER Apple Oat Strudel Puffs	SOUP: Tuscan White Bean Soup ENTRÉE: Sweet and Spicy Asian Garlic Chicken STARCH & VEGETABLE: White Rice/Bok Choy, Peppers, Onions, Baby Corn & Garlic Oil SALAD: Mexican Chopped Salad COOK’S CORNER: Omelet Extension DELI: BURRITO BAR! ALLERGEN: GF Sweet & Spicy Asian Garlic Chicken w/ White Rice / Veg Blend PIZZA: 4 Cheese Pizza DESSERT: M & M Cookies	SOUP: Tuscan White Bean Soup ENTRÉE: Roasted London Broil w/ Beef Gravy STARCH & VEGETABLE: Mashed Potatoes/ Corn SALAD: Mexican Chopped Salad COOK’S CORNER: Omelet Extension DELI: BURRITO BAR! ALLERGEN: Carved, Roasted London Broil w/GF Beef Gravy, Mashed Potatoes & Corn PIZZA: 4 Cheese Pizza DESSERT: Cheesecake w/Strawberry & Blueberry Topping
WEDNESDAY – 10/23 OMELETS TO ORDER Egg & Cheese on Kaiser Roll	SOUP: Homemade Cream of Mushroom Soup ENTRÉE-Custom Culinary Indian Food Station: Chicken Tikka Masala / Chicken & Vegetable Coconut Curry stew / Eggplant and Chick Peas Mahkani STARCH & VEGETABLE: Batata Nu Shaak (Indian Style spicy potato), Basmati Rice, Garlic Naan in basket, Garlic Green Beans SALAD: Watergate Salad with Pistachio pudding COOK’S CORNER: Pasta Action with choice of Chicken, Shrimp & Veggies ALLERGEN: GF Chicken Tikka Masala / Basmati Rice / Garlic Green Beans PIZZA: Garlic Knots & Stuffed Shells DESSERT: Cannoli	SOUP: Homemade Cream of Mushroom Soup ENTRÉE: Baked Cod w/ Garlic Parmesan crust STARCH & VEGETABLE: Confetti Cous Cous/ Sauteed Vegetable Blend SALAD: Watergate Salad with Pistachio pudding COOK’S CORNER: Pasta Action with choice of Chicken, Shrimp & Veggies ALLERGEN: GF Chicken and Broccoli Alfredo PIZZA: Garlic Knots & Stuffed Shells DESSERT: Boston Cream Pie
THURSDAY – 10/24 OMELETS TO ORDER Egg & Cheese on an English Muffin	SOUP: White Chicken Chili ENTRÉE: South of the Border Chicken with a Zesty cream sauce STARCH & VEGETABLE: Cornbread Casserole / Bermuda Blend Veggies SALAD: Hummus w/ Pita Points COOK’S CORNER: Roasted or Fried Chicken Wraps with toppings DELI: BURRITO BAR! ALLERGEN: South of the Border Chicken with a Zesty cream sauce, White rice, Bermuda Blend Veggies PIZZA: Roasted Garlic, Ricotta, Spinach & Grilled Chicken Pizza DESSERT: White Chip Macadamia Nut Cookies	SOUP: White Chicken Chili ENTRÉE: Panko Crusted Chicken Breast served on a bed of Broccoli Cheddar Sauce STARCH & VEGETABLE: Roasted Red Potatoes / Sauteed Spinach SALAD: Hummus w/ Pita Points COOK’S CORNER: Roasted or Fried Chicken Wraps DELI: BURRITO BAR! ALLERGEN: Panko Crusted Chicken Breast served on Broccoli Cheddar Sauce, Roasted Red Potatoes, Sauteed Spinach PIZZA: Roasted Garlic, Ricotta, Spinach & Grilled Chicken Pizza DESSERT: Apple Pie
FRIDAY – 10/25 OMELETS TO ORDER Breakfast Burrito	SOUP: Cheeseburger Chowder ENTRÉE: Pan Roasted Sausage w/ Onions & Peppers with basket of Hoagie Rolls STARCH & VEGETABLE: Mexican Red Beans / Steamed 5-way Veg Blend SALAD: Macaroni Salad COOK’S CORNER: Steak Tostadas and Burrito Bar-at-CTO DELI: Burrito Bar with Toppings ALLERGEN: Dominican Style Pulled Pork Carnitas with Toppings & GF Tortillas / 5-way Veggies PIZZA: Meat Lovers Pizza DESSERT: Ginger Cookies	SOUP: Cheeseburger Chowder ENTRÉE: Sliced Roast Beef w/ Au Jus STARCH & VEGETABLE: Baby Baked Potatoes / Broccoli SALAD: Macaroni Salad COOK’S CORNER: Steak Tostadas and Burrito Bar-at-CTO DELI: Burrito Bar with Toppings ALLERGEN: Sliced Roast Beef w/ Beef Au Jus / Baby Baked Potatoes / Broccoli PIZZA: Meat Lovers Pizza DESSERT: Chocolate Mousse Pie
SATURDAY – 10/26 Continental Breakfast Omelets (CTO) 9:30am-11:00am	SOUP: Soup Du Jour ENTRÉE: French Toast / Breakfast plus Hot Cereal COOK’S CORNER : Omelets ALLERGEN : GF Sandwich Bar PIZZA: Assorted Pizza DESSERT: Assorted Pastries, Muffins & Donuts	SOUP: Soup Du Jour ENTRÉE: Chicken Parmesan STARCH & VEGETABLE: Cheese Filled Bread Sticks / Roasted Asparagus COOK’S CORNER: Closed ALLERGEN: GF Chicken Parmesan / GF Pasta & Marinara Sauce / Roasted Asparagus PIZZA: Assorted Pizza DESSERT: Ice Cream Novelties
SUNDAY – 10/27 Continental Breakfast Omelets (CTO) 9:30am-11:00am	SOUP: Soup Du Jour ENTRÉE: Sausage Gravy & Biscuits / Breakfast plus Hot Cereal COOK’S CORNER : Omelets ALLERGEN : GF Sandwich Bar PIZZA: Assorted Pizzas DESSERT: Assorted Pastries, Muffins & Donuts	SOUP : Soup Du Jour ENTRÉE : Teriyaki Beef STARCH & VEGETABLE: Jasmine Rice/Garlic Ginger Stir Fried Zucchini, Yellow Squash,Onion COOK’S CORNER : Closed ALLERGEN : GF Teriyaki Beef / Jasmine Rice / Garlic Ginger Stir Fried Vegetables PIZZA: Assorted Pizza DESSERT: Ice Cream Novelties

<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, 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,