

# CHAMPLIN WEEKLY MENU

## Week of

## Sept 30 – Oct 6

**\*\*Chicken Sandwich: Every Day**  
**\*\*Cheeseburger/Hamburger: Every Day**

**BREAKFAST**

**LUNCH**

**DINNER**

<b>MONDAY 9/30</b> <b>OMELETS TO ORDER</b> <b>Egg &amp; Cheese on a Bagel</b>	<b>SOUP:</b> Turkey Rice Soup <b>ENTRÉE:</b> Tex Mex Beef Skillet w/ Onions, Peppers, Spices & Cheddar Cheese topping <b>STARCH &amp; VEGETABLE:</b> White Rice / Corn <b>SALAD:</b> Fresh Mozzarella & Tomato Caprese <b>COOK’S CORNER:</b> Macaroni & Cheese Bar <b>ALLERGEN:</b> GF Tex Mex Beef Skillet with Onions, Peppers, Spices & Cheddar Cheese <b>PIZZA:</b> English Muffin Pizza <b>DESSERT:</b> Cookies & Cream Cookies	<b>SOUP:</b> Turkey Rice Soup <b>ENTRÉE:</b> Herb Roasted Pork Loin with pan gravy <b>STARCH &amp; VEGETABLE:</b> Candied Yams / Sauteed Spinach w/Garlic Oil <b>SALAD:</b> Fresh Mozzarella & Tomato Caprese <b>COOK’S CORNER:</b> Macaroni & Cheese Bar <b>ALLERGEN:</b> Herb Roasted Pork Loin, Candied Yams, Sauteed Spinach with Garlic Oil <b>PIZZA:</b> English Muffin Pizza <b>DESSERT:</b> Lemon Cream Cake
<b>TUESDAY – 10/1</b> <b>OMELETS TO ORDER</b> <b>Bread Pudding w/ Vanilla Custard Sauce</b>	<b>SOUP:</b> Sundried Tomato Florentine <b>ENTRÉE:</b> Seasoned Seared Chicken Breast <b>STARCH &amp; VEGETABLE:</b> Oven Baked Red Potatoes/ Bermuda Blend Vegetables <b>SALAD:</b> Ambrosia <b>COOK’S CORNER:</b> Ramen Noodle Bowl – Chicken, Veggies, or Pork Belly in Rich Veggie Broth with Poached Egg & Scallions <b>DELI:</b> Burrito Bar w/ Toppings <b>ALLERGEN:</b> Seasoned Seared Chicken Breast, Roasted Red Potatoes & Vegetable Blend <b>PIZZA:</b> Mushroom Onion Pizza <b>DESSERT:</b> Rice Krispie Treats	<b>SOUP:</b> Sundried Tomato Florentine <b>ENTRÉE:</b> Seafood Mariniere-Shrimp, Cod, Calamari, Onions & Tomatoes in wine butter sauce <b>STARCH &amp; VEGETABLE:</b> Angel Hair Pasta / Sauteed Zucchini, Yellow Squash, Grape Tomatoes & Garlic Oil <b>SALAD:</b> Ambrosia <b>COOKS CORNER:</b> Ramen Noodle Bowl – Chicken, Veggies, or Pork Belly in Rich Veggie Broth with Poached Egg & Scallions <b>DELI:</b> Burrito Bar w/ Toppings <b>ALLERGEN:</b> GF Baked Ziti & Broccoli <b>PIZZA:</b> Mushroom Onion Pizza <b>DESSERT:</b> Chocolate & Strawberry Trifle Bar
<b>WEDNESDAY – 10/2</b> <b>OMELETS TO ORDER</b> <b>Egg &amp; Cheese on a Croissant</b>	<b>SOUP:</b> French Onion <b>ENTRÉE:</b> Wing Bar w/ Celery & Carrot stix, BBQ, Buffalo, & Gochujang Sauces <b>STARCH &amp; VEGETABLE:</b> Steamed Potatoes / California Blend Veggies <b>SALAD:</b> Tuna Mac Salad <b>COOK’S CORNER:</b> Pasta Action with choice of Chicken, Shrimp, Sausage & Veggies <b>ALLERGEN:</b> GF Chicken Nuggets, Steamed Potatoes & California vegetable blend <b>PIZZA:</b> Cheesy Garlic Bread Sticks and Baked Ravioli <b>DESSERT:</b> Strawberry Shortcake Cookies	<b>SOUP:</b> French Onion <b>ENTRÉE:</b> Chicken Teriyaki <b>STARCH &amp; VEGETABLE:</b> Jasmine Rice / Asian Style Vegetable Blend <b>SALAD:</b> Tuna Mac Salad <b>COOK’S CORNER:</b> Pasta Action with choice of Chicken, Shrimp & Veggies <b>ALLERGEN:</b> GF Chicken Teriyaki, Jasmine Rice & Asian Style Vegetable Blend <b>PIZZA:</b> Cheesy Garlic Bread Sticks and Baked Ravioli <b>DESSERT:</b> Red Velvet Cake
<b>THURSDAY – 10/3</b> <b>OMELETS TO ORDER</b> <b>Lemon Berry Strata</b>	<b>SOUP:</b> Chicken Corn Chowder <b>ENTRÉE:</b> BBQ Pork Chops <b>STARCH &amp; VEGETABLE:</b> Tater Tots w/ Bacon & Cheddar / Coleslaw / Baby Carrots <b>SALAD:</b> Quinoa Salad <b>COOK’S CORNER:</b> Stir Fry Bar – Assorted Toppings <b>DELI:</b> Burrito Bar w/ Toppings <b>ALLERGEN:</b> BBQ Pork Chops, Sweet Potato Fries, Baby Carrots & Coleslaw <b>PIZZA:</b> Hawaiian Pizza <b>DESSERT:</b> Turtle Pecan Cookies	<b>SOUP:</b> Chicken Corn Chowder <b>ENTRÉE:</b> Carved Roasted NY Strip Steak with Beef Gravy <b>STARCH &amp; VEGETABLE:</b> Mashed Potatoes / Sauteed Asparagus with Garlic Oil <b>SALAD:</b> Quinoa Salad <b>COOK’S CORNER:</b> Stir Fry Bar - Assorted Toppings <b>DELI:</b> Burrito Bar w/ Toppings <b>ALLERGEN:</b> GF Carved NY Strip Steak w/ GF Gravy, Mashed Potatoes & Roasted Asparagus <b>PIZZA:</b> Hawaiian Pizza <b>DESSERT:</b> Chocolate Banana Layer Cake
<b>FRIDAY – 10/4</b> <b>OMELETS TO ORDER</b> <b>Egg &amp; Cheese on a Biscuit</b>	<b>SOUP:</b> Tomato Soup <b>ENTRÉE:</b> Cracker breaded Fried Cod w/ tartar sauce, cocktail sauce & lemon wedge <b>STARCH &amp; VEGETABLE:</b> Fried Sweet Potato Wedges / Garden Blend Veggies <b>SALAD:</b> Pasta Salad <b>COOK’S CORNER:</b> Grilled Cheese Bar – Choice of Cheese, Bread & Toppings <b>DELI:</b> Burrito Bar with Assorted Fillings <b>ALLERGEN:</b> GF Beef Chili over White Rice w/ Cheddar Cheese & Garden Blend Veggies <b>PIZZA:</b> Broccoli White Pizza <b>DESSERT:</b> Whoopie Pies	<b>SOUP:</b> Tomato Soup <b>ENTRÉE:</b> Chicken & Vegetable Lo Mein over Lo Mein Noodles <b>STARCH &amp; VEGETABLE:</b> Egg Rolls w/ Sweet Thai Chili Sauce / Broccoli <b>SALAD:</b> Pasta Salad <b>COOK’S CORNER:</b> Grilled Cheese Bar – Choice of Cheese, Bread & Toppings <b>ALLERGEN:</b> GF Chicken & Vegetable Lo Mein over Rice Noodles & Broccoli <b>PIZZA:</b> Broccoli White Pizza <b>DESSERT:</b> Cherry Pie
<b>SATURDAY – 10/5</b> <b>BRUNCH</b> <b>Continental Brkfst.</b> <b>Omelets (CTO)</b>	<b>SOUP:</b> Soup Du Jour <b>ENTRÉE:</b> French Toast <b>COOK’S CORNER:</b> Omelets / Eggs <b>ALLERGEN:</b> GF Sandwich Bar <b>PIZZA:</b> Assorted Pizza <b>DESSERT:</b> Assorted Pastries & Donuts	<b>SOUP:</b> Soup Du Jour <b>ENTRÉE:</b> Pot Roast <b>STARCH &amp; VEGETABLE:</b> Egg Noodles / Roasted Root Vegetables <b>ALLERGEN:</b> Pot Roast w/ GF Gravy, GF Rotini Pasta & Roasted Root Vegetables <b>CTO:</b> Closed <b>PIZZA:</b> Assorted Pizza <b>DESSERT:</b> Sundae Bar
<b>SUNDAY – 10/6</b> <b>BRUNCH</b> <b>Continental Brkfst.</b> <b>Omelets (CTO)</b>	<b>SOUP:</b> Soup Du Jour <b>ENTRÉE:</b> Veggie and Cheddar Frittata <b>COOK’S CORNER:</b> Omelets / Eggs <b>ALLERGEN:</b> GF Sandwich Bar <b>HOT CERAL BAR:</b> Oatmeal / Cream of Wheat with dried cherries, craisins, maple syrup, choc chips, spiced apples, coconut cinnamon, brown sugar <b>PIZZA:</b> Assorted Pizza <b>DESSERT:</b> Assorted Pastries & Donuts	<b>SOUP:</b> Soup Du Jour <b>ENTRÉE:</b> Coconut Curry Chicken <b>STARCH &amp; VEGETABLE:</b> Basmati Rice / Garlic Green Beans <b>ALLERGEN:</b> GF Coconut Curry Chicken, Basmati Rice & Garlic Green Beans <b>CTO:</b> Closed <b>PIZZA:</b> Assorted Pizza <b>DESSERT:</b> Sundae Bar

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