











**STOP**  
think about eating a smaller portion  
**SLOW**  
balance your meal with green choices  
**GO**  
eat all you want!

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b>								
	<ul style="list-style-type: none"> <li>● Oatmeal</li> <li>●● Eggs to Order</li> <li>●● Waffle Station</li> <li>● Bacon &amp; Sausage</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Grits</li> <li>●● Eggs to Order</li> <li>●● Waffle Station</li> <li>● Bacon &amp; Sausage</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Oatmeal</li> <li>● Scrambled Eggs</li> <li>● Pancakes</li> <li>● Bacon &amp; Sausage</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Grits</li> <li>● Scrambled Eggs</li> <li>● French Toast</li> <li>● Bacon &amp; Sausage</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Oatmeal</li> <li>● Scrambled Eggs</li> <li>● Pancakes</li> <li>● Bacon &amp; Sausage</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Grits</li> <li>● Scrambled Eggs</li> <li>● French Toast</li> <li>● Bacon &amp; Sausage</li> <li>● Fresh Cut Fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Oatmeal</li> <li>● Scrambled Eggs</li> <li>● Pancakes</li> <li>● Bacon &amp; Sausage</li> <li>● Fresh Cut Fruit</li> </ul>	
<b>Daily Specials</b>								
	● Caesar Salad	● Coleslaw	● Southwest Black Bean Salad	● Strawberry Spinach Salad	● Chunky Chicken Salad	● Vegetable Panzanella Salad	● Dill Cucumber Salad	
	● Sharp Cheddar	● Pepperoni	● Provolone	● Corned Beef	● Wisconsin Cheddar	● Pit Ham	● Genoa Salami	
 Vegetarian Soup	<ul style="list-style-type: none"> <li>● Tomato Florentine Soup</li> <li>●●● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Savory Won Ton Soup</li> <li>●●● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Beef Noodle Soup</li> <li>●●● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Baked Potato Soup</li> <li>●●● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Tuscany Chicken Zuppa</li> <li>●●● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Viking Joe's Chili</li> <li>●●● Vegetable Soup Du Jour</li> </ul>	<ul style="list-style-type: none"> <li>● Manhattan Clam Chowder</li> <li>●●● Vegetable Soup Du Jour</li> </ul>	
<b>Lunch</b>								
 Vegetarian Entrée	<ul style="list-style-type: none"> <li>● Burgers</li> <li>● Grilled Chicken Breast</li> <li>● Home Fries</li> <li>● Sautéed Snap Peas</li> <li>● Steamed Mixed Vegetable</li> <li>●●● Omelet Bar</li> </ul>	<ul style="list-style-type: none"> <li>● Burgers</li> <li>● Grilled Chicken Breast</li> <li>● Home Fries</li> <li>● Sicilian Green Beans</li> <li>● Steamed Mixed Vegetable</li> <li>●●● Omelet Bar</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Paella</li> <li>● Grilled Mahi Mahi with Pineapple Relish</li> <li>● Ranch Potatoes</li> <li>● Grilled Vegetables</li> <li>● Baked Rigatoni</li> </ul>	<ul style="list-style-type: none"> <li>● Barbecue Beef</li> <li>● Chicken Pot Pie</li> <li>● Spanish Rice</li> <li>● Steamed Cauliflower &amp; Broccoli</li> <li>● Mangia Pasta</li> </ul>	<ul style="list-style-type: none"> <li>● Hawaiian Baked Chicken</li> <li>● Beef Bourguignonne</li> <li>● Toasted Coconut Orzo</li> <li>● Zucchini Corn Medley</li> <li>● Shitake Angel Hair Pasta</li> </ul>	<ul style="list-style-type: none"> <li>● Bay Scallop &amp; Shrimp Provencal</li> <li>● Chicken Parmesan</li> <li>● Pepper Cilantro Rice</li> <li>● Roasted Broccoli</li> <li>● Cheese Stuffed Portobello Mushroom</li> </ul>	<ul style="list-style-type: none"> <li>● Smothered Chicken Cordon Bleu</li> <li>● Grilled Talapia Maitre'd</li> <li>● Ratatouille</li> <li>● Hand Cut Garlic Potato Wedges</li> <li>● Pasta Pascal</li> </ul>	
	●● Quesadilla Station	●● Quesadilla Station	● Meatball Hoagie	● Cuban Sandwich	● Bacon Cheddar Burger	● Grilled 2 Cheese Sandwich	● Croque Monsieur	
	● Light Pumpkin Bars	● Blondie Bars	● Oatmeal Chocolate Chip Brownies	● Melba Yogurt Fruit Parfait	● Cherry Cheese Crumb Cake	● Pineapple Upside Down Cake	● Mousse Au Chocolat	
<b>Dinner</b>								
 Vegetarian Entrée	<ul style="list-style-type: none"> <li>● Montana Grilled Chicken Breast</li> <li>● Cordon Bleu Stromboli</li> <li>● Steamed Curry Rice</li> <li>● Sautéed Spinach</li> <li>● Broccoli Mushroom Linguini</li> </ul>	<ul style="list-style-type: none"> <li>● Italian Style Swiss Steak</li> <li>● Balsamic Chicken Breasts</li> <li>● Au Gratin Potatoes</li> <li>● Steamed Peas &amp; Mushrooms</li> <li>● Vegetarian Empanadas</li> </ul>	<b>Breakfast for Dinner !</b> <ul style="list-style-type: none"> <li>●●● Chef's Choice Specialty Eggs</li> <li>● Hash Browns</li> <li>● Fruit Infused Pancakes</li> <li>● Sausage &amp; Bacon</li> <li>●●● Egg White Omelets</li> </ul>		<ul style="list-style-type: none"> <li>● Beef Taco Bake</li> <li>● Golden Baked Chicken</li> <li>● Spicy Roasted Potatoes</li> <li>● Steamed Carrots &amp; Sugar Snap Peas</li> <li>● Greek Pasta</li> </ul>	<ul style="list-style-type: none"> <li>● Mongolian Barbecue</li> <li>● Beef</li> <li>● Chicken or Shrimp</li> <li>● Steamed Rice</li> <li>● Steamed Chinese Vegetables</li> <li>● Pasta Con Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>● French Dip with Cheese</li> <li>● Turkey Corn Dogs</li> <li>● Rosemary Fries</li> <li>● Corn on the Cob</li> <li>● Vegetable Stir Fry</li> </ul>	<ul style="list-style-type: none"> <li>● Oriental Chicken</li> <li>● Pork Supreme</li> <li>● Brown Cajun Dirty Rice</li> <li>● Steamed Mixed Vegetables</li> <li>● Baked Spaghetti</li> </ul>
	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Light Pumpkin Bars</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Blondie Bars</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Oatmeal Chocolate Chip Brownies</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Melba Yogurt Fruit Parfait</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Cherry Cheese Crumb Cake</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Pineapple Upside Down Cake</li> </ul>	<ul style="list-style-type: none"> <li>● Dessert Variety</li> <li>● Fresh Cut Fruit Delight</li> </ul>	