



# BREAKFAST

SEWALL

## **DAILY**

Omelet Bar, Scrambled Eggs, Veggie Scramblette, \*Tofu Scramble, \*Hot Cereal, Build-Your-Own Waffles, Assorted Pastries, Moe's Bagels

## **MONDAY**

\*Potato Triangles, Sausage Patties, Cinnamon Apples Pancakes

## **TUESDAY**

\*Home Fries, Bacon, French Toast

## **WEDNESDAY**

\*Cottage Fries, Sausage Links, Cheese Blintz with Fruit Sauces

## **THURSDAY**

\*Home Fries, Baked Ham Slices, Chocolate Chip Pancakes

## **FRIDAY**

\*Southern Hashbrowns, Turkey Sausage Patties, Biscuits and Sausage Gravy

**Menu is subject to change**

**For Sewall weekend menu, see page 4**



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**\* denotes vegan**



# LUNCH

SEWALL

## **MONDAY**

Chicken Salad Lettuce Wrap, Mongolian Pork, Broccoli Almond Stir-Fry, \*Mushroom Chow Mein, \*Steamed Jasmine Rice, White Clam Sauce, Meatballs, Pizza du Jour, Sliders, \*Waffle Fries, Oriental Chicken Soup, Asian Topping Bar, Assorted Dessert Pastries

## **TUESDAY**

BBQ Beef Sandwich with Coleslaw, \*Falafel Balls, Gyro Meat, \*Grilled Eggplant with Vegetable Couscous, \*Roasted Vegetables, Roasted Garlic Pesto Cream Sauce, Chicken Marsala, Pizza du Jour, Quinoa Burger, Sweet Potato Fries, Chicken Florentine Soup, Gyro Topping Bar, Assorted Dessert Pastries

## **WEDNESDAY**

Crispy Cod Sandwich with Tartar Sauce, Beef & Peppers with Java BBQ Sauce, \*Saffron Rice, Individual Spanakopita, \*Key Largo Vegetables, Spaghetti Meat Sauce, Chicken Alfredo Bake, Pizza du Jour, Grilled Chicken Sandwich, Wedge Fries, \*Minestrone Soup, \*Asian Coleslaw, Assorted Dessert Pastries

## **THURSDAY**

Gyro Sandwich, Chicken Nuggets, Home style Mashed Potatoes, \*Vegetarian Gravy, \*Peas and Carrots, \*Sweet and Spicy Tempeh, Pink Vodka Sauce, Baked Ziti, Pizza du Jour, Cheese Quesadilla, Steak Fries, \*Three Bean Soup, Assorted Dessert Pastries

## **FRIDAY**

Grilled Cheese Sandwich, Beer Battered Cod, Blackened Tofu with Roasted Corn Salsa, \*Black Beans, \*Steamed Brown Rice, \*Garden Vegetable Medley, Alfredo Sauce, \*Tomato Soup, Pizza du Jour, Sliders, \*French Fries, Corn Chowder, Assorted Dessert Pastries

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# DINNER

SEWALL

## **MONDAY**

Chef's Choice Salmon Sides, Beef Stroganoff, Kluski Noodles, \*Green Peas, \*Tofu Cacciatore, Mozzarella Cheese Sticks, Pizza du Jour, Sliders, \*Waffle Fries, \*Asian Cucumber & Tofu Salad, Dinner Rolls, Assorted Pastries

## **TUESDAY**

Chicken Marco Polo, Coconut Curry Redfish, \*Cambodian Cashew Stir Fry, \*Nepali Cashew & Raisin Rice, \*Vegetable Tempura Roll, Breaded Ravioli, Pizza du Jour, Quinoa Burger, Sweet Potato Fries, Chutney Bar, Focaccia Bread, Assorted Pastries

## **WEDNESDAY**

\*Pho Bowl, Beef Empanadas, \*Chipotle Pinto Beans, \*Tofu & Vegetable Fajitas, Brazilian Rice Casserole, Cheese Lasagna, Pizza du Jour, Grilled Chicken Sandwich, Wedge Fries, Salsa Topping Bar, Dinner Rolls, Assorted Pastries

## **THURSDAY**

Chef Carved Roast Beef with Portobello Mushroom Sauce, Sesame Chicken Stir-Fry, \*Steamed Jasmine Rice, \*Sautéed Green Beans, Fried Calamari Strips, Bacon Tetrazinni, Pizza du Jour, Cheese Quesadilla, Steak Fries, Asian Topping Bar, Assorted Pastries

## **FRIDAY**

Pork Pot Stickers with Oriental Dipping Sauce, Ramen Bar; \*Broth & Noodles, \*Asian Marinated Tofu, Seasoned Diced Chicken, \*Stir-Fry Vegetables, \*Vegetable Samosas, Stuffed Shells, Pizza du Jour, Sliders, Chef's Choice Sandwich, \*French Fries, Asian Topping Bar, Assorted Pastries

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# WEEKEND

SEWALL

## SATURDAY

### BRUNCH

Burrito Bar, \*Oatmeal, \*Pasta Shells with Spinach & Beans, French Toast Stix, Scrambled Eggs, Veggie Scramblettes, Hard Boiled Eggs, Potato Pancakes, Gluten Free Chicken Sausage, Oatmeal Topping Bar, Build-Your-Own Waffles, Breakfast Pastry Bar, Oatmeal Topping Bar

### DINNER

Mediterranean Pita or Wrap Bar, Southern Fried Chicken, \*Mashed Cauliflower, \*French Cut Green Beans, \*Seitan Buffalo Wings, Fresh Baked Biscuits, Chef's Choice Hot Sub, Pizza du Jour, Corn Dogs, Chef's Choice Entrée, \*Coleslaw, \*Deli Bar, Assorted Pastries

## SUNDAY

### BRUNCH

Bacon & Mushroom Quiche, \*Oatmeal, Ham & Swiss Croissants, Spinach & Feta Croissants, Scrambled Eggs, Veggie Scramblettes, Hard Boiled Eggs, \*Cottage Fries, Maple Sausage, Oatmeal Topping Bar, Build-Your-Own Waffles, Breakfast Pastry Bar, Oatmeal Topping Bar

### DINNER

Steak Frites with Onion Rings, Chef's Choice Redfish, \*Saffron Rice, \*Roasted Mushrooms & Tomatoes, \*Spinach & Chickpea Stew, Bacon & Pea Risotto, Pizza du Jour, Chicken Philly Cheese Steak Sandwich, Tartar Sauce & Lemons, Parkerhouse Rolls, Assorted Pastries, Ice Cream Sundae Bar

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