C4c - Asian S Weekly Menu

#### Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
October 12	October 13	October 14	October 15	October 16	October 17	October 18
			F.J.			
			Entree			
Chocolate Chip Pancakes	Cheesy Scrambled Eggs	* Oatmeal	Cheesy Scrambled Eggs	* Oatmeal		
Tofu Scramble	Scrambled Eggs	* Malt-o-meal	Scrambled Eggs	Grits		
Oatmeal	Baked Ham Slices	* Tofu Scramble	* Tofu Scramble	* Tofu Scramble		
Cream Of Wheat	Grits	Crispy Bacon	* Cream Of Wheat	Crispy Bacon		
heesy Scrambled Eggs	* Oatmeal	Buttermilk Pancakes	* Oatmeal	Cheesy Scrambled Eggs		
crambled Eggs	* Tofu Scramble	Cheesy Scrambled Eggs	Ham, Egg And Cheddar Croissant	Scrambled Eggs		
	French Toast	Scrambled Eggs	Egg And Cheddar Croissant	Blueberry Pancakes		
			Cinnamon Swirl French Toast			
			Side Dishes	<u> </u>		
Sutter Chips	Powdered Sugar	Butter Chips	Powdered Sugar	Cream Cheese		
ausage Links	* Pancake Syrup	* Pancake Syrup	Honey Bourbon Sausage	Powdered Sugar		
owdered Sugar	Potato Pancakes	Powdered Sugar	* Pancake Syrup	* Pancake Syrup		
Pancake Syrup	Cream Cheese	* Southern Hashbrowns	Cream Cheese	* Home Fries		
Hashbrowns	Butter Chips	Cream Cheese	Potato Triangles	Butter Chips		
Cream Cheese	2445. 01p0	Breakfast Sausage Links	Butter Chips	Breakfast Sausage Links		
			Dunal fact Deatrice			
see also di Colue Devento avate	Muffin Du Jour	Mixed Fruit Scones	Breakfast Pastries	- Charles and David		
Assorted Cake Doughnuts			Cappuccino Chocolate Chunk Muffi	•		
Old Fashioned Doughnuts	Cinnamon Roll	Doughnut Bundt Cake	Assorted Mini Danish	Breakfast Apple Sticks		
aised Chocolate Doughnuts						
Raised Glazed Doughnuts						
Granola Coffee Cake						
			Breads	)		
ssorted Fresh Bagels	Fresh Assorted Bagels	Fresh Assorted Bagels	Fresh Assorted Bagels	Assorted Fresh Bagels		
Wheat Bread	* Wheat Bread	Fresh Baked Biscuits	* Wheat Bread	* Wheat Bread		
/hite Bread	White Bread	* Wheat Bread	White Bread	White Bread		
Rudis 7 Grain Bread	* Rudis 7 Grain Bread	White Bread	* Rudis 7 Grain Bread	* Rudis 7 Grain Bread		
		* Rudis 7 Grain Bread				

C4c - Asian S Weekly Menu

#### Breakfast

Monday October 12	Tuesday October 13	Wednesday October 14	Thursday October 15	Friday October 16	Saturday October 17	Sunday October 18
			Sauce			
* Blueberry Sauce	* Blueberry Sauce	* Blueberry Sauce	* Blueberry Sauce	* Blueberry Sauce		
* Cherry Sauce	* Cherry Sauce	* Cherry Sauce	* Cherry Sauce	* Cherry Sauce		
* Strawberry Sauce	* Strawberry Sauce	* Strawberry Sauce Sausage Gravy	* Strawberry Sauce	* Strawberry Sauce		

C4c - Asian S Weekly Menu

# All Day

Monday October 12	Tuesday October 13	Wednesday October 14	<b>Thursday</b> October 15	Friday October 16	Saturday October 17	Sunday October 18
			Entree	<u> </u>		
Spinach & Artichoke Rangoon	Vegetable Spring Rolls	* Vegetable Lo Mein	Tonkatsu Pork	Lamb And Spinach In Curry Sauce	Pork Potstickers	Vegetable Egg Rolls
Chicken Tikata Masala	Shaking Beef  * Thai Red Curry Tofu & Vegetables	General Tsos Chicken	* Vegetable Fried Rice Shrimp Shaomai	* Aloo Gogi	Kung Pao Chicken	Chicken & Broccoli With Oyster Sauc  * Vegetable Fried Rice
			Vegetarian Entrees	<b>—</b>		
* Bok Choy, Mushroom And Tofu		* Thai Basil Tofu	* Seitan Stir Fry			* Curry Vegetable Stir Fry
			Side Dishes	<del></del>		
* Brown Rice	* Brown Rice	Kimchi	* Brown Rice	* Brown Rice	* Brown Rice	Asian Condiment Bar
Asian Condiment Bar	Asian Condiment Bar	* Brown Rice	Asian Condiment Bar	Asian Condiment Bar	Asian Condiment Bar	* Brown Rice
* Tropical Rice	Vietnamese Fried Rice	Asian Condiment Bar		* Seasoned Rice	* Garlic Noodles	
		Wonton Strips		Smoked Salmon Wonton		
			Salads	)		
* Sunomno Salad	* Kerdish Chickpea Salad		* Cabbage Salad With Carrot Sa	uce * Romaine With Daikon		
			Sauce	<del></del>		
* Sweet And Sour Sauce	* Oriental Dipping Sauce	* Sweet And Sour Sauce	* Sweet And Sour Sauce	* Green Chutney	* Sweet And Sour Sauce	* Sweet And Sour Sauce
* Oriental Dipping Sauce	* Sweet And Sour Sauce		* Plum Dipping Sauce		* Oriental Dipping Sauce	

C4c - Black Coats S Weekly Menu

#### Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
October 12	October 13	October 14	October 15	October 16	October 17	October 18
			Entree			

Omelet Bar (made To Order) (unit/o Omelet Bar (made

C4c - Black Coats S Weekly Menu

All Day

Monday October 12	Tuesday October 13	Wednesday October 14	Thursday October 15	Friday October 16	Saturday October 17	Sunday October 18
			Entree			
Vietnamese Shrimp Lettuce Wrap	Mediterranean Snapper	Chefs Showcase Entree	Assorted Tapas	Vietnamese Pho Bar	Omelet Bar (made To Order)	Omelet Bar (made To Order)

C4c - Cu On The Run S

# All Day

<b>Monday</b> October 12	Tuesday October 13	Wednesday October 14	Thursday October 15	Friday October 16	Saturday October 17	Sunday October 18
			[None]			
	Organic Pizza Crust					
			Display	)		
Caesar Salad		Caesar Salad	Caesar Salad	Caesar Salad		
			Entree	)		
Caprese Salad	Caesar Salad	Caprese Salad	Caprese Salad	Caprese Salad		
Garden Salad	Caprese Salad	Garden Salad	Garden Salad	Garden Salad		
Meatball Sandwich	Garden Salad	Chicken Bites	Taco Meat	Smoked Pulled Pork		
Italian Sausage Sandwich * Spaghetti Pasta	Chicken Drummies Kabob					
			Side Dishes	)		
Fresh Oranges	Fresh Oranges	Fresh Oranges	Fresh Oranges	Fresh Oranges		
Hard Boiled Cage Free Eggs	Hard Boiled Cage Free Eggs	Hard Boiled Cage Free Eggs	Hard Boiled Cage Free Eggs	Hard Boiled Cage Free Eggs		
iaia ballou ougo i loo Egga	Tidia Bollod Odgo T Too Eggs					
	* Edamame	* Edamame	* Edamame	* Edamame		
Edamame			* Edamame Fresh Bananas			
Edamame Fresh Bananas	* Edamame	* Edamame		* Edamame		
Edamame Fresh Bananas Gala Apples	* Edamame Fresh Bananas Gala Apples Assorted Yogurts	* Edamame Fresh Bananas Gala Apples Assorted Yogurts	Fresh Bananas Gala Apples Assorted Yogurts	* Edamame Fresh Bananas Gala Apples Assorted Yogurts		
Edamame Fresh Bananas Gala Apples Assorted Yogurts	* Edamame Fresh Bananas Gala Apples	* Edamame Fresh Bananas Gala Apples	Fresh Bananas Gala Apples Assorted Yogurts Garden Side Salad	* Edamame Fresh Bananas Gala Apples		
* Edamame Fresh Bananas Gala Apples Assorted Yogurts	* Edamame Fresh Bananas Gala Apples Assorted Yogurts	* Edamame Fresh Bananas Gala Apples Assorted Yogurts	Fresh Bananas Gala Apples Assorted Yogurts Garden Side Salad * Taco Shells	* Edamame Fresh Bananas Gala Apples Assorted Yogurts		
* Edamame Fresh Bananas Gala Apples Assorted Yogurts	* Edamame Fresh Bananas Gala Apples Assorted Yogurts	* Edamame Fresh Bananas Gala Apples Assorted Yogurts	Fresh Bananas Gala Apples Assorted Yogurts Garden Side Salad	* Edamame Fresh Bananas Gala Apples Assorted Yogurts		
* Edamame Fresh Bananas Gala Apples Assorted Yogurts Garden Side Salad	* Edamame Fresh Bananas Gala Apples Assorted Yogurts	* Edamame Fresh Bananas Gala Apples Assorted Yogurts	Fresh Bananas Gala Apples Assorted Yogurts Garden Side Salad * Taco Shells	* Edamame Fresh Bananas Gala Apples Assorted Yogurts		
* Edamame Fresh Bananas Gala Apples Assorted Yogurts Garden Side Salad	* Edamame Fresh Bananas Gala Apples Assorted Yogurts	* Edamame Fresh Bananas Gala Apples Assorted Yogurts	Fresh Bananas Gala Apples Assorted Yogurts Garden Side Salad * Taco Shells * 6" Flour Tortillas	* Edamame Fresh Bananas Gala Apples Assorted Yogurts		
* Edamame Fresh Bananas Gala Apples Assorted Yogurts	* Edamame Fresh Bananas Gala Apples Assorted Yogurts Garden Side Salad	* Edamame Fresh Bananas Gala Apples Assorted Yogurts Garden Side Salad	Fresh Bananas Gala Apples Assorted Yogurts Garden Side Salad * Taco Shells * 6" Flour Tortillas	* Edamame Fresh Bananas Gala Apples Assorted Yogurts Garden Side Salad		

C4c - Cu On The Run S Weekly Menu

#### All Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
October 12	October 13	October 14	October 15	October 16	October 17	October 18

Salad Dressing

Dressing Sesame Ginger Org Chelte Dressi Organic Rasperry Viniagrette Packet Organic Rasperry Viniagrette P Organic Ranch Dressing Packet Organic Miso Dressing Organic Honey Mustard Dressing Pa Organi Dressing Goddess Organic Chelten | Dressing Goddess Dressing French Organic Chelten Pc Dressing French Organic Chipotle Ranch Dressing Pa Organic Chipotle Organic Caesar Dressing Packet Organic Caesar Dressing Packet Organic Balsamic Vinaigrette V

C4c - Cu On The Run S

# All Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
October 12	October 13	October 14	October 15	October 16	October 17	October 18
	1	J	1			
			Snacks			
Co Chip Zapps Voodoo 1.5 Oz	Co Chip Zapps Voodoo 1.5 Oz	Co Chip Zapps Voodoo 1.5 Oz	Co Chip Zapps Voodoo 1.5 Oz	Co Chip Zapps Voodoo 1.5 Oz		
Co Chips Jalapeno Zapps 1 Oz	Co Chips Jalapeno Zapps 1 Oz	Co Chips Jalapeno Zapps 1 Oz	Co Chips Jalapeno Zapps 1 Oz	Co Chips Jalapeno Zapps 1 Oz		
Organic Vanilla Cookie	Organic Vanilla Cookie	Organic Vanilla Cookie	Organic Vanilla Cookie	Organic Vanilla Cookie		
Organic Oatmeal Cookie	Organic Oatmeal Cookie	Organic Oatmeal Cookie	Organic Oatmeal Cookie	Organic Oatmeal Cookie		
rganic Chocolate Chip Cookie	Organic Chocolate Chip Cookie	Organic Chocolate Chip Cookie	Organic Chocolate Chip Cookie	Organic Chocolate Chip Cookie		
nnies Organic Bunny Graham Cra	c Annies Organic Bunny Graham Cra	c Annies Organic Bunny Graham Crac	Annies Organic Bunny Graham Cra	c Annies Organic Bunny Graham Crac		
o Cracker Cheddar Buny	Co Cracker Cheddar Buny	Co Cracker Cheddar Buny	Co Cracker Cheddar Buny	Co Cracker Cheddar Buny		
rganic Unsweetened Applesauce	Organic Unsweetened Applesauce	Organic Unsweetened Applesauce	Organic Unsweetened Applesauce	Organic Unsweetened Applesauce		
heese Puffs	Cheese Puffs	Cheese Puffs	Cheese Puffs	Cheese Puffs		
oulder Salt & Cracked Pepper Chip	Boulder Salt & Cracked Pepper Chip	Boulder Salt & Cracked Pepper Chip	Boulder Salt & Cracked Pepper Chip	Boulder Salt & Cracked Pepper Chip		
oulder Hickory Bbq Potato Chips	Boulder Hickory Bbq Potato Chips	Boulder Hickory Bbq Potato Chips	Boulder Hickory Bbq Potato Chips	Boulder Hickory Bbq Potato Chips		
o Pudding Cup Tapioca Kozy	Co Pudding Cup Tapioca Kozy	Co Pudding Cup Tapioca Kozy	Co Pudding Cup Tapioca Kozy	Co Pudding Cup Tapioca Kozy		
ozys Chocolate Pudding Cup	Kozys Chocolate Pudding Cup	Kozys Chocolate Pudding Cup	Kozys Chocolate Pudding Cup	Kozys Chocolate Pudding Cup		
ozys Rice Pudding Cup	Kozys Rice Pudding Cup	Kozys Rice Pudding Cup	Kozys Rice Pudding Cup	Kozys Rice Pudding Cup		
irates Smart Puffs	Pirates Smart Puffs	Pirates Smart Puffs	Pirates Smart Puffs	Pirates Smart Puffs		
hip Pirate Booty Aged White Ched	c Chip Pirate Booty Aged White Ched	c Chip Pirate Booty Aged White Ched	Chip Pirate Booty Aged White Ched	Chip Pirate Booty Aged White Chedo		
ate July Cheddar Cheese Cracker	ELate July Cheddar Cheese Cracker	ELate July Cheddar Cheese Cracker E	Late July Cheddar Cheese Cracker	ELate July Cheddar Cheese Cracker E		
ate July Mini Org Peanut Butter Cr	a Late July Mini Org Peanut Butter Cr	a Late July Mini Org Peanut Butter Cra	Late July Mini Org Peanut Butter Cr	a Late July Mini Org Peanut Butter Cra		
ate July Organic Cheddar Crackers	s Late July Organic Cheddar Crackers	s Late July Organic Cheddar Crackers	Late July Organic Cheddar Crackers	s Late July Organic Cheddar Crackers		
rganic Strawberry Twist Kids Clif E	B: Organic Strawberry Twist Kids Clif E	Gorganic Strawberry Twist Kids Clif B	Organic Strawberry Twist Kids Clif E	B: Organic Strawberry Twist Kids Clif B:		
rganic Grape Twist Kids Clif Bar	Organic Grape Twist Kids Clif Bar	Organic Grape Twist Kids Clif Bar	Organic Grape Twist Kids Clif Bar	Organic Grape Twist Kids Clif Bar		
rganic Berry Twist Kids Clif Bar	Organic Berry Twist Kids Clif Bar	Organic Berry Twist Kids Clif Bar	Organic Berry Twist Kids Clif Bar	Organic Berry Twist Kids Clif Bar		
oney Graham Clif Zbar	Honey Graham Clif Zbar	Honey Graham Clif Zbar	Honey Graham Clif Zbar	Honey Graham Clif Zbar		
Chocolate Chip Clif Zbar	Chocolate Chip Clif Zbar	Chocolate Chip Clif Zbar	Chocolate Chip Clif Zbar	Chocolate Chip Clif Zbar		
hocolate Brownie Clif Zbar	Chocolate Brownie Clif Zbar	Chocolate Brownie Clif Zbar	Chocolate Brownie Clif Zbar	Chocolate Brownie Clif Zbar		
o Chip Zapps Regular 1 Oz	Co Chip Zapps Regular 1 Oz	Co Chip Zapps Regular 1 Oz	Co Chip Zapps Regular 1 Oz	Co Chip Zapps Regular 1 Oz		

Courses selected: Selected All

# All Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
October 12	October 13	October 14	October 15	October 16	October 17	October 18
			[None]			
Balsamic Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette
Bleu Cheese Dressing	Bleu Cheese Dressing	Bleu Cheese Dressing	Bleu Cheese Dressing	Bleu Cheese Dressing	Bleu Cheese Dressing	Bleu Cheese Dressing
Creamy Caesar Dressing	Creamy Caesar Dressing	Creamy Caesar Dressing	Creamy Caesar Dressing	Creamy Caesar Dressing	Creamy Caesar Dressing	Creamy Caesar Dressing
Fat Free Raspberry Vinaigrette	Fat Free Raspberry Vinaigrette	Fat Free Raspberry Vinaigrette	Fat Free Raspberry Vinaigrette	Fat Free Raspberry Vinaigrette	Fat Free Raspberry Vinaigrette	Fat Free Raspberry Vinaigrette
Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing	Honey Mustard Dressing
ow Calorie Italian Dressing	Low Calorie Italian Dressing	Low Calorie Italian Dressing	Low Calorie Italian Dressing	Low Calorie Italian Dressing	Low Calorie Italian Dressing	Low Calorie Italian Dressing
ite Red Wine Vinaigrette	Lite Red Wine Vinaigrette	Lite Red Wine Vinaigrette	Lite Red Wine Vinaigrette	Lite Red Wine Vinaigrette	Lite Red Wine Vinaigrette	Lite Red Wine Vinaigrette
Parmesan Peppercorn Dressing	Parmesan Peppercorn Dressing	Parmesan Peppercorn Dressing	Parmesan Peppercorn Dressing	Parmesan Peppercorn Dressing	Parmesan Peppercorn Dressing	Parmesan Peppercorn Dressin
Orange Wedges	* Orange Wedges	* Orange Wedges	* Orange Wedges	* Orange Wedges	* Orange Wedges	* Orange Wedges
Black Beans	Black Beans	Black Beans	Black Beans	Black Beans	Black Beans	Black Beans
Garbanzo Beans	Garbanzo Beans	Garbanzo Beans	Garbanzo Beans	Garbanzo Beans	Garbanzo Beans	Garbanzo Beans
Great Northern Beans	Great Northern Beans	Great Northern Beans	Great Northern Beans	Great Northern Beans	Great Northern Beans	Great Northern Beans
Kidney Beans	Kidney Beans	Kidney Beans	Kidney Beans	Kidney Beans	Kidney Beans	Kidney Beans
Pinto Beans	Pinto Beans	Pinto Beans	Pinto Beans	Pinto Beans	Pinto Beans	Pinto Beans
Red Beans	Red Beans	Red Beans	Red Beans	Red Beans	Red Beans	Red Beans
Potato Chips	* Potato Chips	* Potato Chips	* Potato Chips	* Potato Chips	* Potato Chips	* Potato Chips
Lemon Wedges	* Lemon Wedges	* Lemon Wedges	* Lemon Wedges	* Lemon Wedges	* Lemon Wedges	* Lemon Wedges
			Soup du Jour			
	0111 0 1 0	P. (0) "	·	* TI D 01 ''	OLI EL EL E	0 0 0
Minestrone Soup	Chicken Gumbo Soup	Beef Chili	Chicken Green Chili	* Three Bean Chili	Chicken Florentine Base	Soup Rstd Red Pepper Tom
Chicken Soup Base	Broccoli Cheddar Soup	* Texas Corn Chowder	Organic Curry Red Lentil Soup	Creamy Tomato Soup	Organic Creamy Harvest Corn Soup	
French Onion Soup	Guinness Beef Stew	Chicken Tortilla Soup	* Vegetable Soup Base	* Tomato Soup	Potato And Leek Soup	Coconut Curry Soup Base
	* Split Pea Soup	Pork Posole	Chicken Soup Base	New England Clam Chowder		
			Entree	)		
Deli Turkey	Deli Turkey	Deli Turkey	Deli Turkey	* Three Bean Chili	Deli Turkey	Deli Turkey
- Ham	Ham	Ham	Ham	* Three Bean & Rice Salad	Ham	Ham
Pepperoni	Pepperoni	Pepperoni	Pepperoni	Deli Turkey	Pepperoni	Pepperoni
Salami	Salami	Salami	Salami	Ham	Salami	Salami
Pastrami	Pastrami	Pastrami	Pastrami	Pepperoni	Pastrami	Pastrami
Sliced Roast Beef	Sliced Roast Beef	Sliced Roast Beef	Sliced Roast Beef	Salami	Sliced Roast Beef	Sliced Roast Beef
Corned Beef	Corned Beef	Corned Beef	Corned Beef	Pastrami	Corned Beef	Corned Beef
· · · · · · · · · · · · · · · · ·				Sliced Roast Beef		
				Corned Beef		

C4c - Deli Salad & Soup S

# All Day

Monday October 12	Tuesday October 13	Wednesday October 14	Thursday October 15	Friday October 16	Saturday October 17	Sunday October 18
			Side Dishes	<u> </u>		
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Sharp Cheddar Cheese	Sharp Cheddar Cheese	Sharp Cheddar Cheese	Sharp Cheddar Cheese	Sharp Cheddar Cheese	Sharp Cheddar Cheese	Sharp Cheddar Cheese
Cojack Cheese	Cojack Cheese	Cojack Cheese	Cojack Cheese	Cojack Cheese	Cojack Cheese	Cojack Cheese
Monterey Jack Cheese	Monterey Jack Cheese	Monterey Jack Cheese	Monterey Jack Cheese	Monterey Jack Cheese	Monterey Jack Cheese	Monterey Jack Cheese
Muenster Cheese	Muenster Cheese	Muenster Cheese	Muenster Cheese	Muenster Cheese	Muenster Cheese	Muenster Cheese
Provolone Cheese	Provolone Cheese	Provolone Cheese	Provolone Cheese	Provolone Cheese	Provolone Cheese	Provolone Cheese
Smoke Gouda Cheese	Smoke Gouda Cheese	Smoke Gouda Cheese	Smoke Gouda Cheese	Smoke Gouda Cheese	Smoke Gouda Cheese	Smoke Gouda Cheese
Swiss Cheese	Swiss Cheese	Swiss Cheese	Swiss Cheese	Swiss Cheese	Swiss Cheese	Swiss Cheese
Colby Jack Cheese	Colby Jack Cheese	Colby Jack Cheese	Colby Jack Cheese	Colby Jack Cheese	Colby Jack Cheese	Colby Jack Cheese
American Cheese	American Cheese	American Cheese	American Cheese	American Cheese	American Cheese	American Cheese
Butter Chips	Butter Chips	Butter Chips	Butter Chips	Butter Chips	Butter Chips	Butter Chips
			Breads	<u> </u>		
Croissant	Croissant	Croissant	Croissant	Croissant	Croissant	Croissant
Kaiser Rolls	Kaiser Rolls	Kaiser Rolls	Kaiser Rolls	Kaiser Rolls	Kaiser Rolls	Kaiser Rolls
Wheat Bread	* Wheat Bread	* Wheat Bread	* Wheat Bread	* Wheat Bread	* Wheat Bread	* Wheat Bread
Vhite Bread	White Bread	White Bread	White Bread	White Bread	White Bread	White Bread
Rudis Colorado Cracked Whe	eat Bri * Rudis Colorado Cracked Whea	at Brı * Rudis Colorado Cracked Whea	at Brı * Rudis Colorado Cracked Whea	at Brı * Rudis Colorado Cracked Whea	t Bru * Rudis Colorado Cracked Wheat Assorted Fresh Bagels	Brı * Rudis Colorado Cracked Wh Assorted Fresh Bagels

C4c - Desserts S Weekly Menu

# All Day

Monday October 12	Tuesday October 13	Wednesday October 14	Thursday October 15	Friday October 16	Saturday October 17	Sunday October 18
			Breakfast Pastries		Cherry Strudel Cappuccino Chocolate Chunk Mu Strawberry Braid	Fruit Crumble uffin Streusel Coffee Cake Apple Strudel
			Breads		Zucchini Bread	Blueberry Blast Bread
Chocolate Chip Cookies Oatmeal Raisin Cookies M&m Cookies Double Chocolate Chunk Cookies * Sugar Cookies Chocolate Sauce	Chocolate Chip Cookies M&m Cookies White Chocolate Macadamia Cook Oatmeal Raisin Cookies * Chocolate Cookies Butterscotch Sauce	Chocolate Chip Cookies Oatmeal Raisin Cookies ie M&m Cookies Banana Cream Pie Cookies & Cream Pie * Lemon Cookies	Desserts  Chocolate Chip Cookies Oatmeal Raisin Cookies M&m Cookies Chocolate Chunk Cookies Butterscotch Sauce Caramel Sauce	Chocolate Chip Cookies Oatmeal Raisin Cookies M&m Cookies Peanut Butter Cup Cookies Banana Cream Pie * Gingerbread Cookies	Butterscotch Blondie Chocolate Macaroons Chocolate Chip Cookies Oatmeal Raisin Cookies M&m Cookies Chocolate Cream Pie	Chocolate Chip Cookies Wild Berry Pie With Lemon Crust Oatmeal Raisin Cookies M&m Cookies Old Fashion Sugar Cookies * Chocolate Cookies
Caramel Sauce Butterscotch Sauce White Chocolate Blondie New York Style Cheesecake Apple Pie Carrot Cake With Cream Cheese Id Boston Cream Pie	Caramel Sauce Chocolate Sauce * Peanut Butter Brown Rice Krispy New York Style Cheesecake Apple Pie cir Swiss Chocolate Cake Derby Pecan Pie	Chocolate Sauce Caramel Sauce Till Butterscotch Sauce Macaroons New York Style Cheesecake Apple Pie Chocolate Chip Brownies	Chocolate Sauce Apple Pie Oatmeal Fruit Bars New York Style Cheesecake German Chocolate Nut Cake * Fruit Of The Forest Pie * Peanut Butter Cookies	Chocolate Sauce Caramel Sauce Butterscotch Sauce Hello Dollies Pineapple Upside Down Cake Apple Pie New York Style Cheesecake	* Lemon Cookies Butterscotch Sauce Caramel Sauce Chocolate Sauce	Chocolate Sauce Caramel Sauce Butterscotch Sauce Lemon Bars Chocolate Chip Cookie Bar

C4c - Italian S Weekly Menu

# All Day

<b>Monday</b> October 12	<b>Tuesday</b> October 13	Wednesday October 14	Thursday October 15	Friday October 16	Saturday October 17	Sunday October 18
			Entree			
Braised Pork With Tomatoes	"build Your Own" Pasta Sausage Crumbles * Seitan Chicken Pizzaiola Chicken Alfredo Pizza	Pepperoni & Sausage Pizza "build Your Own" Pasta Ham * Tempeh Lemon Caper Cod	"build Your Own" Pasta Chicken * Roasted Tomato Basil Tofu Penne Allamatriciana Cheese Stuffed Shells	Pepperoni Pizza "build Your Own" Pasta Italian Sausage * Seitan Piemonte Chicken * Mushroom, Tomato & Basil Shells Carbonara Pizza	Bbq Chicken Pizza "build Your Own" Pasta Baked Ziti Italian Sausage And Mushroom Ziti	Tortellini Florentine Pepperoni Pizza "build Your Own" Pasta Ground Beef * Tempeh Shrimp Scampi
			Vegetarian Entrees			
Pepperoni Pizza Greek Veggie Pizza	* Giambotta Quatro Formaggio Pizza	Polenta With Mushrooms And Toma * Mixed Tomato & Basil Pizza		Quatro Formaggio Pizza	Grilled Onions & Mushroom Pizza	* Roasted Veggie & Herb Pizza
			Side Dishes	<b>—</b>		
"build Your Own" Pasta	Antipasta Bar	Antipasta Bar	Antipasta Bar	Antipasta Bar	Antipasta Bar	Antipasta Bar
* Penne Rigate Pasta Antipasta Bar Bacon * Spaghetti Aglio Y Olio	* Amori Pasta	* Ziti Pasta	* Gemelli Pasta	* Medium Shell Pasta	Pasta Salad	* Curvi Lisci Pasta
			Breads			
Garlic French Bread	Garlic French Bread	Garlic French Bread	Garlic French Bread	Garlic French Bread	Garlic French Bread	Garlic French Bread
			Salads	<u> </u>		
Antipasta Platter	Mixed Greens,pear,walnut,&cheese	Antipasta Platter		Antipasta Platter		Antipasta Platter
			Sauce	)		
White Clam Sauce	* Organic Marinara Sauce	* Organic Marinara Sauce	Marsala Sauce	Roasted Red Pepper Basil Sauce	* Organic Marinara Sauce	Roasted Garlic Pesto Cream Sauc
Puttanesca Sauce	Creamy Sun-dried Tomato Pesto Sa	Vodka Pink Sauce	Lemon Caper Butter Sauce	Chicken Brodo Sauce	Alfredo Sauce	Italian Sausage Bolognese
* Organic Marinara Sauce	* Arriabiatta (diablo) Sauce	Basil Pesto Sauce	* Organic Marinara Sauce	* Organic Marinara Sauce	Basil Pesto Sauce	* Organic Marinara Sauce
			Cold Hors D'Oeuvres	)—		
			* Tomato Bruschetta			

C4c - Latin S Weekly Menu

# All Day

<b>Monday</b> October 12	Tuesday October 13	Wednesday October 14	Thursday October 15	Friday October 16	Saturday October 17	Sunday October 18
			[None]			
	Mexican Cheese Mix				Mexican Cheese Mix	Mexican Cheese Mix
			Entree			
Masa Corn Cakes	"build Your Own" Burrito Bar	* Lentils With Pineapple & Plantair	ns "build Your Own" Burrito Bar	Chili Rellenos	Cheesy Scrambled Eggs	Cheesy Scrambled Eggs
'build Your Own" Burrito Bar	Beef In Vegetable Almond Sauce	"build Your Own" Burrito Bar	Pork Colorado	"build Your Own" Burrito Bar	Scrambled Eggs	Scrambled Eggs
Lime Poached Fish		Ancho Chicken Thighs		Chicken Con Maze	* Latin Roasted Vegetables	* Latin Roasted Vegetables
					* Latin Tofu Scramble	Crispy Bacon
					"build Your Own" Burrito Bar	* Latin Tofu Scramble
						"build Your Own" Burrito Bar
			Vegetarian Entrees			
	* Seitan Adobo		* Tofu With Mechada Sauce			
			Side Dishes	)—		
Green Chili Sauce	* Spanish Rice	* Savory Rice	Latin Salsa Bar	* Yucca Fritta	Kitchen Fries	* Drunken Beans
atin Salsa Bar	* Shredded Lettuce	Cream Cheese Poppers	* Cachapas	Latin Salsa Bar	Chorizo	* Shredded Lettuce
	Latin Salsa Bar	Latin Salsa Bar	* Mushroom Salsa	* Picadillo	* Drunken Beans	* Green Chili Sauce
	* Frijoles Charros				* Shredded Lettuce	Latin Salsa Bar
					* Green Chili Sauce	* Southern Hashbrowns
					Latin Salsa Bar	
			Salads	)		
Shake Salad		* Pineapple Cilantro Coleslaw	* Tres Frijoles Salad	* Cauliflower In Avocado Sauce		
			Sauce			

<sup>\*</sup> Tomato Chili Sauce

<sup>\*</sup> Mango Chili Salsa

C4c - Persian S Weekly Menu

# All Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
October 12	October 13	October 14	October 15	October 16	October 17	October 18
			C4C Persian			
* Bulgur Salad			Spinach Borani	* Chelo - Persian Rice		
* Chelo - Persian Rice			Herb Stew With Lamb	* Eggplant And Split Pea Stew		
* Eggplant Stew			* Herb Stew	Eggplant And Split Pea Stew With La		
Eggplant Stew With Lamb			* Chelo - Persian Rice			
			Entree	<b>—</b>		
* Vegetable Kabob	Spinach Borani	* Vegetable Kabob	Beef And Lamb Kabob	* Vegetable Kabob		Chicken Breast Kabob
Beef Steak Kabob	Chicken Drummies Kabob	* Rice With Herbs	* Vegetable Kabob	Lamb Kabob		* Celery Stew
	* Vegetable Kabob	Fish Kabob				Celery Stew With Lamb
	* Yellow Split Pea Stew	Pomegranate Chicken With Walr	nuts			* Vegetable Kabob
	Yellow Split Pea Stew With Lamb	o (ha				-
			Side Dishes			
* Basmati Rice With Fava Beans	& C Persian Topping Bar	* Chelo - Persian Rice	Persian Topping Bar	* Basmati Rice With Fava Beans & C		Persian Topping Bar
* Tomato & Cucumber Salad	* Jeweled Rice	Cabbage Salad	* Tomato & Cucumber Salad	* Tomato & Cucumber Salad		* Rice With Lentils And Raisin
Persian Topping Bar	* Tomato & Cucumber Salad	* Tomato & Cucumber Salad	* Rice With Tomato	Persian Topping Bar		Cabbage Salad
., •		Persian Topping Bar				* Tomato & Cucumber Salad
			Breads			
Lavash Bread	Lavash Bread	Lavash Bread	Lavash Bread	Lavash Bread		Lavash Bread

C4c - Smokin Grill S Weekly Menu

# All Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
October 12	October 13	October 14	October 15	October 16	October 17	October 18
			[None]	<u> </u>		
Mac And Cheese	* Wiscano Bbg Sauce	Mac And Cheese	Mac And Cheese	Mac And Cheese	Mac And Cheese	Mac And Cheese
Wiscano Bbg Sauce	* Green Leaf Lettuce Leaves	* Wiscano Bbg Sauce	* Wiscano Bbg Sauce	* Wiscano Bbg Sauce	* Wiscano Bbg Sauce	* Wiscano Bbg Sauce
Green Leaf Lettuce Leaves	* Red Onion Rings	* Green Leaf Lettuce Leaves	* Green Leaf Lettuce Leaves	* Green Leaf Lettuce Leaves	* Green Leaf Lettuce Leaves	* Green Leaf Lettuce Leave
Red Onion Rings	Mac And Cheese	* Red Onion Rings	* Red Onion Rings	* Red Onion Rings	* Red Onion Rings	* Red Onion Rings
					* 1/4" Diced Yellow Onions	* 1/4" Diced Yellow Onions
			Soup du Jour			
Beef Chili			,		Beef Chili	Beef Chili
			Entree			
Hamburger Sliders	Hamburger Sliders	Hamburger Sliders	Hamburger Sliders	Hamburger Sliders	Hamburger Sliders	Hamburger Sliders
Tamburger Silders Chicken Breast Sliders	Chicken Breast Sliders	Chicken Breast Sliders	Chicken Breast Sliders	Chicken Breast Sliders	Chicken Breast Sliders	Chicken Breast Sliders
Mini Hot Dog With Bun	Vegetable Burger Sliders	Bratwurst & Sauerkraut Hoagie	Vegetable Burger Sliders	Mini Hot Dog With Bun	Vegetable Burger Sliders	Mini Hot Dog With Bun
/egetable Burger Sliders	Mini Hot Dog With Bun	Vegetable Burger Sliders	Mini Hot Dog With Bun	Vegetable Burger Sliders	Bratwurst & Sauerkraut Hoagie	Vegetable Burger Sliders
Chicken Nuggets	Apple Jack Ribs	Mini Philly Steaks	Cubano Sandwich	Beer Battered Hoki	* Vegetarian Chili	* Vegetable Burger Silders
onicken Nuggets	Apple Jack Ribs	Willi Filliy Steaks	Blackened Catfish	Smoked Brisket	vegetarian Chili	vegetarian Chili
			Red Beans And Rice With Bacon	Grilled Cheese		
				Office Officese		
			Side Dishes			
' 3/8" French Fries	Roasted Garlic Smashed Potato	* Sliced Tomatoes	Smashed Potatoes	Smashed Potatoes	Sour Cream	Sour Cream
Smashed Potatoes	* Grilled Mushroom Slices	3/8" Regular Cut Skin-on French F		Baked Beans With Bacon	* Baked Potatoes	Butter Chips
Baked Beans With Bacon	* Grilled Onions	Smashed Potatoes	* Grilled Mushroom Slices	* Grilled Mushroom Slices	* Broccoli	Cheese Sauce
Grilled Mushroom Slices	Bacon	Baked Beans With Bacon	* Grilled Onions	* Grilled Onions	* Sliced Tomatoes	* Sliced Tomatoes
Grilled Onions	Sharp Cheddar Cheese	* Grilled Mushroom Slices	Bacon	Bacon	Cheese Sauce	* Broccoli
Bacon	Provolone Cheese	* Grilled Onions	Sharp Cheddar Cheese	Sharp Cheddar Cheese	Butter Chips	* Baked Potatoes
Sharp Cheddar Cheese	Swiss Cheese	Bacon	Provolone Cheese	Provolone Cheese	Baked Beans With Bacon	Baked Beans With Bacon
Provolone Cheese	Pasta Salad	Sharp Cheddar Cheese	Swiss Cheese	Swiss Cheese	* Grilled Mushroom Slices	* Grilled Mushroom Slices
Swiss Cheese	* Sliced Tomatoes	Provolone Cheese	Pasta Salad	Pasta Salad	* Grilled Onions	* Grilled Onions
Pasta Salad	Coffee Baked Beans	Swiss Cheese	Tater Tots	* Fresh Cauliflower	Bacon	Bacon
Sliced Tomatoes	* Green Peas	Pasta Salad	* Whole Kernel Corn	* Sliced Tomatoes	Sharp Cheddar Cheese	Sharp Cheddar Cheese
Baby Carrots	Crinkle Cut Fries	* Green Peas	* Sliced Tomatoes	* Wedge Fries	Provolone Cheese	Provolone Cheese
					Swiss Cheese	Swiss Cheese
					Pasta Salad	Pasta Salad

C4c - Smokin Grill S Weekly Menu

# All Day

Monday October 12	Tuesday October 13	Wednesday October 14	Thursday October 15	Friday October 16	Saturday October 17	Sunday October 18
Coleslaw	Coleslaw	Coleslaw	Salads Coleslaw	Coleslaw	Coleslaw	Coleslaw
			Sauce	)		
* Memphis Bbq Sauce Beef Gravy	* Memphis Bbq Sauce Chicken Gravy	Beef Gravy	* Memphis Bbq Sauce Chicken Gravy	* Memphis Bbq Sauce Beef Gravy	* Memphis Bbq Sauce * Mango Chipolte Bbq Sauce	* Memphis Bbq Sauce

C4c - Sushi S Weekly Menu

# All Day

Monday October 12	Tuesday October 13	Wednesday October 14	Thursday October 15	Friday October 16	Saturday October 17	Sunday October 18
			Entree	)		
California Crab Sushi Roll	Spicy Shrimp Sushi Roll	Smoked Salmon Sushi Roll	Tijuana Sushi Roll	Smoked Trout Sushi Roll		
* Avocado Sushi Roll	* Vegetable Sushi Roll	* Cucumber Sushi Roll	The Kiwi Sushi Roll	* Asparagus Enoki Sushi Roll		
			Side Dishes	<del></del>		
* Edamame	* Edamame	* Edamame	* Edamame	* Edamame		
* Wasabi Paste	* Wasabi Paste	* Wasabi Paste	* Wasabi Paste	* Wasabi Paste		
* Pickled Ginger	* Pickled Ginger	* Pickled Ginger	* Pickled Ginger	* Pickled Ginger		