Ortega Commons Weekly Menu

## Breakfast (7:15am - 10:45am)

<b>Monday</b> April 19	<b>Tuesday</b> April 20	Wednesday April 21	Thursday April 22	Friday April 23	Saturday April 24	Sunday April 25
			Hot Foods	)		
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal		
Make Your Own Waffles	Make Your Own Waffles	Make Your Own Waffles	Arroz Con Leche	Make Your Own Waffles		
Fresh Scrambled Eggs	Fresh Scrambled Eggs	Fresh Scrambled Eggs	Make Your Own Waffles	Fresh Scrambled Eggs		
Scrambled Egg Whites	Scrambled Egg Whites	Scrambled Egg Whites	Fresh Scrambled Eggs	Scrambled Egg Whites		
Blueberry Pancakes	Texas Style French Toast	Biscuit Sandwich W/ Sausage/egg 8	& Cheese Scrambled Egg Whites	Omelets To Order		
Home Fried Potatoes	Sausage Links	Tater Tots	Whole Wheat Pancakes	Potatoes Obrien		
	Cottage Fried Potatoes		Fried Red Potato With Onions			
			Bakery	)		
Bagels	Bagels	Bagels	Bagels	Bagels		
Orange Scones	Walnut Cinn Swirl Coffee Cake (w/nuts)	Pinch Bread	Applesauce Coffee Cake	Banana Choc Chip Muffins		

Ortega Commons Weekly Menu

## Lunch (11:45am - 2:00pm)

<b>Monday</b> April 19	<b>Tuesday</b> April 20	Wednesday April 21	<b>Thursday</b> April 22	Friday April 23	<b>Saturday</b> April 24	<b>Sunday</b> April 25
			Salads	<del></del>		
Chef Salad	Tomato Dijon Salad	Three Bean Salad	Spring Mix Salad With Feta & Craisins	Vgt Green Bean Provencal Salad		
Caesar Salad	Fresh Fruit Salad	Spirals W/grld Chicken/s.d.tomato	Grilled Asparagus Salad	Chicken Curry Pasta Salad (w/nuts)		
			Hot Foods	)		
Sausage Calzone	Grilled Chicken Taco	Pot Pie Turkey	Turkey Sub Sandwich	Hot Turkey Sandwich		
Sandwich Grilled Pastrami/swiss	Tri Tip Sandwich	Shrimp Pad Thai (w/nuts)	Pita Stuffed With Chicken Salad	Fresh Mashed Potatoes		
Vegan Thai Tofu Curry And Vegetables	Vgt Green Chili & Cheese Tamale	Asian Influenced Vegie Wrap	Vegan Cashew Vegetable Tofu (w/nuts)	Fish & Chips		
Fresh Broccoli Spears	Onion Rings	Steamed Peas	Fresh Spinach	Manicotti With Marinara Sauce		
Sandwiches Grilled To Order	Fresh Corn On The Cob	Sandwiches Grilled To Order	Sandwiches Grilled To Order	Stir Fry Broccoli & Veggie		
ish Sandwich	Sandwiches Grilled To Order	Chicken Burger	Grilled Chix Brst Sandwch	Sandwiches Grilled To Order		
Vegan Black Bean Burger	Turkey Burger	Vegan Black Bean Burger	Veggie Burger	Charburger		
Krinkle Cut French Fries	Veggie Burger	Krinkle Cut French Fries	Krinkle Cut French Fries	Veggie Burger		
Vgt Roasted Vegetable Panini	Krinkle Cut French Fries	Vgt Tuscan Panini	Vgt Cheese Pizza	Krinkle Cut French Fries		
Calamari Sushi Roll	Bacon Tomato Basil Pizza	California Club Sushi Roll	California Sushi Roll	Vgt Roasted Vegetable Panini		
Vegan Cucumber & Avocado Sushi Roll	Vgt Mushroom & Black Olive Pizza	Asparagus & Egg Sushi Roll	Tempura Yam & Avocado Sushi Roll	Grilled Ahi Tuna Sushi Roll		
Vgt Minestrone	Beef Teriyaki Sushi Roll	Vgt Broccoli Cheese Soup	Vegan Mushroom Barley Soup	Vegan Vegetable Sushi Roll		
Steamed Brown Rice	Vegan Vegetable Sushi Roll	Steamed Brown Rice	Steamed Brown Rice	New England Clam Chowder		
Basmati Rice	Vegan Carrot And Curry Soup	Sticky Rice	Three Grain Pilaf (w/nuts)	Three Grain Pilaf (w/nuts)		
/egan Pinto Beans	Steamed Brown Rice	Vegan Pinto Beans	Vegan Black Beans	Jasmine Rice		
Flour Tortillas	Sticky Rice	Flour Tortillas	Flour Tortillas	Vegan Pinto Beans		
Baked Potatoes	Vegan Black Beans	Baked Potatoes	Baked Potatoes	Flour Tortillas		
	Flour Tortillas			Baked Potatoes		
	Baked Potatoes					
			Bakery	)		
Raisin Buns	Cornbread Muffins With Bluerries	Ricotta Pepper Bread	Wheat Germ Rolls	Garlic French Bread		
Lemon Shortbread Cookies	White Chocolate Macadamia Cookies (w/nut	M&m Cookies	Chocolate Chip Cookies	Oatmeal Lace Cookies		
Black And White Brownies	Carrot Cake Cupcakes (w/nuts)	Strawberry Bread	5 Layer Bars (w/nuts)	Banana Choc Chip Bread		

Courses selected: Selected All

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Ortega Commons Weekly Menu

## Dinner (5:00pm - 8:00pm)

<b>Monday</b> April 19	<b>Tuesday</b> April 20	Wednesday April 21	Thursday April 22	Friday April 23	<b>Saturday</b> April 24	Sunday April 25
			Salads			
Ambrosia Salad	Caesar Salad Bar	Vgn Broccoli And Bean Salad	Nicoise Salad	Chix Sesame Noodle Salad		
Allibiosia Salau	Curry Couscous Salad W/dried Fruit	_	NICUISE Salau	Chix Sesame Noodie Salad		
	Curry Couscous Salau Wulleu Fruit	α Ivut				
			Hot Foods	<del></del>		
Pork Loin Roast With Garlic And Ginger	Chicken Orange	Sweet And Tangy Spare Ribs	Herb Roasted Chicken	Bbq Chicken		
Sole Piccata	Tamales With Chili	Carne Asada Soft Corn Tacos	Lemon Baked Fresh Snapper	Ginger Beef Stir Fry		
Vegan Vegetabletacos	Cheese Lasagna	Vgt Pot Stickers	Vegetable Empanadas Vgt	Vgt Barley Stuffed Peppers (w/nuts)		
Rice Pilaf	Mexican Rice	Roasted Red Potato Wedges	Oven Browned Potatoes	Scalloped Potatoes		
Fresh Spinach	Steamed Zucchini	Fresh Broccoli Spears	Fresh Broccoli Spears	Italian Green Beans		
Mixed Vegetables	Fresh Steamed Carrots	Fresh Steamed Cauliflower	Fresh Corn On The Cob	Steamed Whole Baby Carrot		
/gt Cheese Pizza	Vgt Cheese Pizza	Burrito Bar	Waffle Bar	Nacho Bar		
Calamari Sushi Roll	Beef Teriyaki Sushi Roll	Vgt Cheese Pizza	Vgt Cheese Pizza	Vgt Cheese Pizza		
Vegan Cucumber & Avocado Sushi Roll	Vegan Vegetable Sushi Roll	California Club Sushi Roll	California Sushi Roll	Grilled Ahi Tuna Sushi Roll		
/gt Potato Cheese Soup	Chicken Noodle Soup	Asparagus & Egg Sushi Roll	Tempura Yam & Avocado Sushi Roll	Vegan Vegetable Sushi Roll		
Marinara Sauce With Meatballs	Marinara Sauce W/meat	Vegan Mixed Grain Soup	Vegan Chickpea & Vegetable Soup	Vegan Lentil & Brown Rice Soup		
Creamy Pesto Sauce	Vgt Rotelli	Red Clam Sauce	Chicken And Mushroom Marinara Sauce	Marinara Sauce With Shrimp		
Penne Pasta	Steamed Brown Rice	Vgt Mushroom Cream Sauce	Vegan Roasted Pepper Marinara	Garlic Cream Sauce		
Steamed Brown Rice	Sticky Rice	Linguini Pasta	Spaghetti Pasta	Vgt Pasta Shells		
Basmati Rice	Vegan Black Beans	Steamed Brown Rice	Steamed Brown Rice	Three Grain Pilaf (w/nuts)		
Vegan Pinto Beans	Flour Tortillas	Sticky Rice	Three Grain Pilaf (w/nuts)	Jasmine Rice		
Flour Tortillas	Baked Potatoes	Vegan Pinto Beans	Vegan Black Beans	Vegan Pinto Beans		
Baked Potatoes		Flour Tortillas	Flour Tortillas	Flour Tortillas		
		Baked Potatoes	Baked Potatoes	Baked Potatoes		
			 Bakery			
Orange Cinnamon Swirl Bread	Garlic French Bread	Pesto Bread	Whole Wheat Bread	Almond Braids (contains Nuts)		
lce Cream Sundaes (w/nuts) Chocolate Chip Cake	Red Velvet Cake	Pumpkin Pie	Strawberry Pie	Fresh Orange Cake W/orange Butter Cream		