


# CHAMPLIN WEEKLY MENU

## Week of February 16-22

- \*\*Chicken Sandwich, Hamburgers & Cheeseburgers: Everyday
- \*\*Pasta served with 3 Sauces at Pizza Station every Lunch & Dinner except special Pasta Wednesdays
- \*\*Macaroni & Cheese Everyday (Next to French Fries)
- \* Visit our NEW Healthy Choice Station Monday-Friday, Located to the Left of the Pizza Station

~ Menu subject to change due to availability ~

BREAKFAST	LUNCH	DINNER
<div><b>MONDAY – 2/16</b></div> <div><b>OMELETS TO ORDER</b></div> <div>French Waffles</div>	<div><b>SOUP:</b> Turkey Vegetable Noodle Soup</div> <div><b>ENTRÉE:</b> Pan Roasted Sausage with Onions &amp; Peppers</div> <div><b>STARCH &amp; VEGETABLE:</b> Parsley Buttered Potatoes / Sauteed Zucchini w/Tomatoes &amp; Garlic in Olive Oil</div> <div><b>SALAD:</b> Macaroni Salad</div> <div><b>COOK’S CORNER:</b> Omelet Extension</div> <div><b>ALLERGEN:</b> Sausage &amp; Peppers on GF Roll, Sauce &amp; Mozzarella, Parsley Buttered Potatoes &amp; Sauteed Zucchini w/Tomatoes &amp; Garlic in Olive Oil</div> <div><b>HEALTHY CHOICE:</b> Mediterranean Chickpea Salad with Toasted Pita</div> <div><b>PIZZA:</b> Buffalo Chicken Pizza</div> <div><b>DESSERT:</b> Rice Krispies Treats</div>	<div><b>SOUP:</b> Turkey Vegetable Noodle Soup</div> <div><b>ENTRÉE:</b> Blackened Chicken Topped w/Pepperjack Cheese</div> <div><b>STARCH &amp; VEGETABLE:</b> Fire Roasted Sweet Potatoes / Monte Carlo Blend Veggies</div> <div><b>SALAD:</b> Macaroni Salad</div> <div><b>COOK’S CORNER:</b> Kung Pao Chicken Over Jasmine Rice</div> <div><b>ALLERGEN:</b> GF Blackened Chicken, Fire Roasted Sweet Potatoes &amp; Monte Carlo Blend Veggies</div> <div><b>HEALTHY CHOICE:</b> Mediterranean Chickpea Salad with Toasted Pita</div> <div><b>PIZZA:</b> Buffalo Chicken Pizza</div> <div><b>DESSERT:</b> Chocolate Layer Cake</div>
<div><b>TUESDAY – 2/17</b></div> <div><b>OMELETS TO ORDER</b></div> <div>Pancakes Du Jour</div> <div></div>	<div><b>SOUP:</b> Chicken &amp; Shrimp Gumbo &amp; Vegetable Soup</div> <div><b>ENTRÉE:</b> Sweet &amp; Spicy Asian Garlic Chicken</div> <div><b>STARCH &amp; VEGETABLE:</b> White Rice / Bok Choy, Peppers, Onions, Baby Corn &amp; Garlic Oil</div> <div><b>SALAD:</b> Broccoli Bacon Salad</div> <div><b>COOK’S CORNER:</b> Corned Beef Ruben or Turkey Rachel</div> <div><b>DELI:</b> BURRITO BAR!</div> <div><b>ALLERGEN:</b> GF Sweet &amp; Spicy Asian Garlic Chicken, White Rice, Bok Choy, Peppers, Onions, Baby Corn &amp; Garlic Oil</div> <div><b>HEALTHY CHOICE:</b> Grilled Chicken</div> <div><b>PIZZA:</b> Four Cheese Pizza</div> <div><b>DESSERT:</b> Caramel Toffee Cookies</div>	<div><b>SOUP:</b> Chicken &amp; Shrimp Gumbo &amp; Vegetable Soup</div> <div><b>ENTRÉE:</b> Cajun Fried Trout w/Lemon Aioli Chicken &amp; Andouille Sausage Jambalaya</div> <div><b>STARCH &amp; VEGETABLE:</b> Oven Roasted Potatoes / Cajun Corn Maque Choux</div> <div><b>SALAD:</b> Broccoli Bacon Salad</div> <div><b>COOK’S CORNER:</b> New Orleans Shrimp or Chicken &amp; Grits w/Andouille Sausage Sauce</div> <div><b>DELI:</b> KING CAKE</div> <div><b>ALLERGEN:</b> GF Chicken &amp; Andouille Sausage, Peppers, Onions, Tomatoes &amp; Rice</div> <div><b>HEALTHY CHOICE:</b> Grilled Chicken</div> <div><b>PIZZA:</b> Four Cheese Pizza</div> <div><b>DESSERT:</b> Banana Beignets w/Rum Caramel Sauce, Sweet Potato Maple Cheesecake, Funfetti Cake</div>
<div><b>WEDNESDAY – 2/18</b></div> <div><b>OMELETS TO ORDER</b></div> <div>Sausage Gravy &amp; Biscuits</div> <div><b>Fish Sandwich Available all day</b></div>	<div><b>SOUP:</b> Mexican Chicken Tortilla Soup</div> <div><b>ENTRÉE:</b> Asian BBQ Pork (GF)</div> <div><b>STARCH &amp; VEGETABLE:</b> Jasmine Rice / Steamed Broccoli</div> <div><b>SALAD:</b> Mexican Chopped Salad</div> <div><b>COOK’S CORNER:</b> Pasta Action w/ choice of Chicken, Shrimp, Sausage, Veggies &amp; Sauces</div> <div><b>ALLERGEN:</b> GF Asian BBQ Pork, Jasmine Rice &amp; Steamed Broccoli</div> <div><b>HEALTHY CHOICE:</b> Celery Ribs Filled w/Peanut Butter</div> <div><b>PIZZA:</b> Garlic Knots / Stuffed Shells</div> <div><b>DESSERT:</b> White Chip Macadamia</div>	<div><b>SOUP:</b> Mexican Chicken Tortilla Soup</div> <div><b>ENTRÉE:</b> Carved Roasted London Broil w/Beef Gravy (GF)</div> <div><b>STARCH &amp; VEGETABLE:</b> Scalloped Potatoes / California Blend Veggies</div> <div><b>SALAD:</b> Mexican Chopped Salad</div> <div><b>COOK’S CORNER:</b> Pasta Action w/ choice of Chicken, Shrimp, Sausage, Veggies &amp; Sauces</div> <div><b>ALLERGEN:</b> Carved Roasted London Broil w/GF Beef Gravy, Toasted Potatoes &amp; California Blend Veggies</div> <div><b>HEALTHY CHOICE:</b> Celery Ribs Filled w/Peanut Butter</div> <div><b>PIZZA:</b> Garlic Knots / Stuffed Shells</div> <div><b>DESSERT:</b> Cookies &amp; Cream Pie</div>

<b>Monday - Friday:</b> Breakfast 7am – 10:30am Lunch 11am -4pm Dinner 4:30pm – 7pm
<b>Saturday - Sunday:</b> Breakfast 9:30am – 10:30am Lunch 11am -4pm Dinner 4:30pm – 6pm

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

BREAKFAST	LUNCH	DINNER
<b>THURSDAY – 2/19</b> <b>OMELETS TO ORDER</b> Apple Oat Strudel Puffs	<b>SOUP:</b> Turkey Vegetable Soup & Homemade Cream of Mushroom Soup <b>ENTRÉE:</b> Chicken Parmesan <b>STARCH &amp; VEGETABLE:</b> Garlic Breadsticks / Roasted Asparagus <b>SALAD:</b> Deviled Eggs <b>COOK’S CORNER:</b> BURRITO BAR! <b>ALLERGEN:</b> GF Chicken Parmesan, GF Pasta w/Marinara Sauce & Roasted Asparagus <b>HEALTHY CHOICE:</b> Apple Oat Strudel Puffs <b>PIZZA:</b> Supreme Pizza w/Veggies, Meat & Cheese <b>DESSERT:</b> Mini Mousse Tarts	<b>SOUP:</b> Turkey Vegetable Soup & Homemade Cream of Mushroom Soup <b>ENTRÉE:</b> Fried Chicken Bowl <b>STARCH &amp; VEGETABLE:</b> Mashed Potatoes / Corn <b>SALAD:</b> Deviled Eggs <b>COOK’S CORNER:</b> BURRITO BAR! <b>ALLERGEN:</b> GF Chicken Bowl, Mashed Potatoes w/GF Chicken Gravy & Corn <b>HEALTHY CHOICE:</b> Apple Oat Strudel Puffs <b>PIZZA:</b> Supreme Pizza w/Veggies, Meat & Cheese <b>DESSERT:</b> Fruit Crepe Bar
<b>FRIDAY – 2/20</b> <b>OMELETS TO ORDER</b> Egg & Cheese on a Kaiser Roll	<b>SOUP:</b> Chicken Noodle Soup <b>ENTRÉE:</b> Baked Cod w/Garlic Parmesan Crust <b>STARCH &amp; VEGETABLE:</b> Rice Pilaf / Green Beans <b>COOK’S CORNER:</b> Roasted or Fried Chicken Wrap <b>DELI:</b> BURRITO BAR! <b>ALLERGEN:</b> GF Breaded Chicken Wrap w/Lettuce, Tomato and BBQ, Buffalo, or Honey Mustard Sauce <b>HEALTHY CHOICE:</b> Trail Mix w/Nuts, Dry Fruit & Greek Yogurt <b>PIZZA:</b> Meat Lovers Pizza <b>DESSERT:</b> M&M Cookies	<b>SOUP:</b> Chicken Noodle Soup <b>ENTRÉE:</b> Sliced Roast Beef w/Beef Jus <b>STARCH &amp; VEGETABLE:</b> Roasted Potatoes / Chateau Blend Veggies <b>COOK’S CORNER:</b> Roasted or Fried Chicken Wrap <b>DELI:</b> BURRITO BAR! <b>ALLERGEN:</b> Sliced Roast Beef w/GF Beef Jus, Roasted Potatoes & Chateau Blend Veggies <b>HEALTHY CHOICE:</b> Trail Mix w/Nuts, Dry Fruit & Greek Yogurt <b>PIZZA:</b> Meat Lovers Pizza <b>DESSERT:</b> Red Velvet Cake
<b>SATURDAY – 2/21</b> <b>Continental Breakfast Omelets (CTO)</b> 9:30am-11:00am	<b>SOUP:</b> Soup Du Jour <b>ENTRÉE:</b> Breakfast Potatoes, Bacon, Sausage & Scrambled Eggs (9:30-2:00) Egg & Cheese on an English Muffin (11:00-2:00) <b>COOK’S CORNER:</b> Omelets <b>HOT CERAL BAR:</b> Oatmeal / Cream of Wheat with dried cherries, raisins, maple syrup, choc chips, spiced apples, coconut cinnamon, brown sugar <b>ALLERGEN:</b> GF Sandwich Bar w/ Choice of Ham, Roast Beef, Turkey, Swiss, Cheddar, American or Provolone on GF Bread <b>PIZZA:</b> Assorted Pizza <b>DESSERT:</b> Assorted Pastries, Muffins & Donuts	<b>SOUP:</b> Soup Du Jour <b>ENTRÉE:</b> Chicken Souvlaki <b>STARCH &amp; VEGETABLE:</b> Confetti Cous Cous / Sauteed Yellow Squash, Peppers, Carrots, Onion & Garlic <b>COOK’S CORNER:</b> Closed <b>ALLERGEN:</b> Chicken Souvlaki on GF Flat Bread, White Rice & Sauteed Yellow Squash, Peppers, Carrots, Onion & Garlic <b>PIZZA:</b> Assorted Pizza <b>DESSERT:</b> Ice Cream Novelties
<b>SUNDAY – 2/22</b> <b>Continental Breakfast Omelets (CTO)</b> 9:30am-11:00am	<b>SOUP:</b> Soup Du Jour <b>ENTRÉE:</b> Breakfast Potatoes, Bacon, Sausage & Scrambled Eggs (9:30-2:00) French Toast (11:00-2:00) <b>COOK’S CORNER:</b> Omelets <b>HOT CERAL BAR:</b> Oatmeal / Cream of Wheat with dried cherries, raisins, maple syrup, choc chips, spiced apples, coconut cinnamon, brown sugar <b>ALLERGEN:</b> GF Sandwich Bar w/ Choice of Ham, Roast Beef, Turkey, Swiss, Cheddar, American or Provolone on GF Bread <b>PIZZA:</b> Assorted Pizzas <b>DESSERT:</b> Assorted Pastries, Muffins & Donuts	<b>SOUP:</b> Soup Du Jour <b>ENTRÉE:</b> Teriyaki Beef <b>STARCH &amp; VEGETABLE:</b> Hoisin Noodles / Garlic & Ginger Stir Fried Zucchini & Broccoli w/Onions <b>COOK’S CORNER:</b> Closed <b>ALLERGEN:</b> GF Teriyaki Beef, White Rice, Garlic & Ginger Stir Fried Zucchini & Broccoli w/Onions <b>PIZZA:</b> Assorted Pizza <b>DESSERT:</b> Ice Cream Novelties