

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

Monday - Friday:

Breakfast 7am - 10:30am

Lunch 11am -4pm

Dinner 4:30pm - 7pm

Saturday - Sunday:

Breakfast 9:30am - 10:30am

Lunch 11am -4pm

Dinner 4:30pm - 6pm

BREAKFAST Available Daily:

Bacon, Turkey Bacon, Sausage, Fruit/Yogurt, Cereals/Hot & Cold, MYO Waffles & Pancakes, Breakfast Potatoes, Bagels/Pastries

LUNCH Available Daily:

Hamburgers Cheeseburgers, Chicken Sandwich, Fries, Onion Rings, Mac & Cheese, Pizza, MYO Waffles & Pancakes, CTO, Hot Bar, Deli, Salad Bar, & Ice Cream

DINNER Available Daily:

Hamburgers Cheeseburgers, Chicken Sandwich, Fries, Onion Rings Pizza, CTO, Hot Bar, Deli, Salad Bar, & Ice Cream

MONDAY - 2/16

OMELETS TO ORDER

French Waffles

SOUP: Turkey Vegetable Noodle Soup

ENTRÉE: Pan Roasted Sausage with Onions & Peppers

STARCH & VEGETABLE: Parsley Buttered Potatoes / Sautéed Zucchini w/Tomatoes & Garlic in Olive Oil

SALAD: Macaroni Salad

COOK'S CORNER: Omelet Extension

ALLERGEN: Sausage & Peppers on GF Roll, Sauce & Mozzarella, Parsley Buttered Potatoes & Sautéed Zucchini w/Tomatoes & Garlic in Olive Oil

HEALTHY CHOICE: Mediterranean Chickpea Salad with Toasted Pita

PIZZA: Buffalo Chicken Pizza

DESSERT: Rice Krispies Treats

SOUP: Turkey Vegetable Noodle Soup

ENTRÉE: Blackened Chicken Topped w/Pepperjack Cheese

STARCH & VEGETABLE: Fire Roasted Sweet Potatoes / Monte Carlo Blend Veggies

SALAD: Macaroni Salad

COOK'S CORNER: Kung Pao Chicken Over Jasmine Rice

ALLERGEN: GF Blackened Chicken, Fire Roasted Sweet Potatoes & Monte Carlo Blend Veggies

HEALTHY CHOICE: Mediterranean Chickpea Salad with Toasted Pita

PIZZA: Buffalo Chicken Pizza

DESSERT: Chocolate Layer Cake

TUESDAY - 2/17

OMELETS TO ORDER

Pancakes Du Jour



SOUP: Chicken & Shrimp Gumbo & Vegetable Soup

ENTRÉE: Sweet & Spicy Asian Garlic Chicken

STARCH & VEGETABLE: White Rice / Bok Choy, Peppers, Onions, Baby Corn & Garlic Oil

SALAD: Broccoli Bacon Salad

COOK'S CORNER: Corned Beef Ruben or Turkey Rachel

DELI: BURRITO BAR!

ALLERGEN: GF Sweet & Spicy Asian Garlic Chicken, White Rice, Bok Choy, Peppers, Onions, Baby Corn & Garlic Oil

HEALTHY CHOICE: Grilled Chicken

PIZZA: Four Cheese Pizza

DESSERT: Caramel Toffee Cookies

SOUP: Chicken & Shrimp Gumbo & Vegetable Soup

ENTRÉE: Cajun Fried Trout w/Lemon Aioli Chicken & Andouille Sausage Jambalaya

STARCH & VEGETABLE: Oven Roasted Potatoes / Cajun Corn Maque Choux

SALAD: Broccoli Bacon Salad

COOK'S CORNER: New Orleans Shrimp or Chicken & Grits w/Andouille Sausage Sauce

DELI: KING CAKE

ALLERGEN: GF Chicken & Andouille Sausage, Peppers, Onions, Tomatoes & Rice

HEALTHY CHOICE: Grilled Chicken

PIZZA: Four Cheese Pizza

DESSERT: Banana Beignets w/Rum Caramel Sauce, Sweet Potato Maple Cheesecake, Funfetti Cake

WEDNESDAY - 2/18

OMELETS TO ORDER

Sausage Gravy & Biscuits

Fish Sandwich Available all day

SOUP: Mexican Chicken Tortilla Soup

ENTRÉE: Asian BBQ Pork (GF)

STARCH & VEGETABLE: Jasmine Rice / Steamed Broccoli

SALAD: Mexican Chopped Salad

COOK'S CORNER: Pasta Action w/ choice of Chicken, Shrimp, Sausage, Veggies & Sauces

ALLERGEN: GF Asian BBQ Pork, Jasmine Rice & Steamed Broccoli

HEALTHY CHOICE: Celery Ribs Filled w/Peanut Butter

PIZZA: Garlic Knots / Stuffed Shells

DESSERT: White Chip Macadamia

SOUP: Mexican Chicken Tortilla Soup

ENTRÉE: Carved Roasted London Broil w/Beef Gravy (GF)

STARCH & VEGETABLE: Scalloped Potatoes / California Blend Veggies

SALAD: Mexican Chopped Salad

COOK'S CORNER: Pasta Action w/ choice of Chicken, Shrimp, Sausage, Veggies & Sauces

ALLERGEN: Carved Roasted London Broil w/GF Beef Gravy, Toasted Potatoes & California Blend Veggies

HEALTHY CHOICE: Celery Ribs Filled w/Peanut Butter

PIZZA: Garlic Knots / Stuffed Shells

DESSERT: Cookies & Cream Pie

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