

CHAMPLIN WEEKLY MENU

Week of March 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 ~

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

<p>BREAKFAST Available Daily: Bacon, Turkey Bacon, Sausage, Fruit/Yogurt, Cereals/Hot & Cold, MYO Waffles & Pancakes, Breakfast Potatoes, Bagels/Pastries</p>

<p>LUNCH Available Daily: Hamburgers Cheeseburgers, Chicken Sandwich, Fries, Onion Rings, Mac & Cheese, Pizza, MYO Waffles & Pancakes, CTO, Hot Bar, Deli, Salad Bar, & Ice Cream</p>

<p>DINNER Available Daily: Hamburgers Cheeseburgers, Chicken Sandwich, Fries, Onion Rings Pizza, CTO, Hot Bar, Deli, Salad Bar, & Ice Cream</p>

BREAKFAST

LUNCH

DINNER

<p>MONDAY – 3/16 OMELETS TO ORDER French Waffles</p>	<p>SOUP: Turkey Noodle Soup ENTRÉE: Pan Roasted Sausage with Onions & Peppers STARCH & VEGETABLE: Salt Potatoes / Sauteed Zucchini w/Tomatoes & Garlic in Olive Oil SALAD: Macaroni Salad COOK’S CORNER: Omelet Extension ALLERGEN: Sausage & Peppers on GF Roll, Sauce & Mozzarella, Steamed Potatoes & Sauteed Zucchini w/Tomatoes & Garlic in Olive Oil HEALTHY CHOICE: Mediterranean Chickpea Salad with Toasted Pita PIZZA: Buffalo Chicken Pizza DESSERT: Rice Krispies Treats / Luck of the Irish Ice Cream</p>	<p>SOUP: Turkey Noodle Soup ENTRÉE: Cajun Roasted Chicken Topped with Pepperjack Cheese Sauce STARCH & VEGETABLE: Fire Roasted Sweet Potatoes / Monte Carlo Blend Veggies SALAD: Macaroni Salad COOK’S CORNER: Fish Tacos ALLERGEN: GF Cajun Roasted 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 / Luck of the Irish Ice Cream</p>
<p>TUESDAY – 3/17 OMELETS TO ORDER Breakfast Pizza</p> 	<p>SOUP: Ham & Bean Soup & French Onion 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: French Dip 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: Vanilla Cupcakes w/Leprechaun Frosting / Luck of the Irish Ice Cream</p>	<p>SOUP: Ham & Bean Soup & French Onion Soup ENTRÉE: Corned Beef STARCH & VEGETABLE: Steamed Potatoes / Cabbage / Baby Carrots SALAD: Broccoli Bacon Salad COOK’S CORNER: BANGERS & MASH!! DELI: Green Mint Ice Cream w/Oreo Crumbs, Chocolate Chips, Chocolate Syrup & Whipped Cream ALLERGEN: GF Corned Beef, Steamed Potatoes, GF Cabbage, GF Carrots & Chocolate Flourless Torte HEALTHY CHOICE: Grilled Chicken PIZZA: Four Cheese Pizza DESSERT: Hot Apple Crisp, Mint Whoopie Pies, Assorted Scones & Irish Soda Bread, Chocolate Flourless Torte</p>
<p>WEDNESDAY – 3/18 OMELETS TO ORDER Bacon, Egg & Cheese on a Hashbrown</p>	<p>SOUP: Mexican Chicken Tortilla Soup ENTRÉE: GF Chicken Korma STARCH & VEGETABLE: Basmati Rice / Green Beans SALAD: Deviled Eggs COOK’S CORNER: Pasta Action w/ choice of Chicken, Shrimp, Sausage, Veggies & Sauces ALLERGEN: GF Chicken Korma, Basmati Rice & Green Beans HEALTHY CHOICE: Veggie Burgers w/Jalapeno Corn Salsa & Pepperjack Cheese PIZZA: Garlic Knots / Stuffed Shells DESSERT: White Chip Macadamia / Luck of the Irish Ice Cream</p>	<p>SOUP: Mexican Chicken Tortilla Soup ENTRÉE: Carved Roasted Pork Loin STARCH & VEGETABLE: Scalloped Potatoes / Roasted Asparagus SALAD: Deviled Eggs COOK’S CORNER: Pasta Action w/ choice of Chicken, Shrimp, Sausage, Veggies & Sauces ALLERGEN: Carved Roasted Pork Loin, Scalloped Potatoes & Roasted Asparagus HEALTHY CHOICE: Veggie Burgers w/Jalapeno Corn Salsa & Pepperjack Cheese PIZZA: Garlic Knots / Stuffed Shells DESSERT: Cookies & Cream Pie / Luck of the Irish Ice Cream</p>

BREAKFAST**LUNCH****DINNER**

<p>THURSDAY – 3/19 OMELETS TO ORDER Pancakes Du Jour</p>	<p>SOUP: Beef Barley Soup & Homemade Cream of Mushroom Soup ENTRÉE: Chicken Parmesan STARCH & VEGETABLE: Garlic Breadsticks / Steamed Broccoli SALAD: Mexican Chopped Salad COOK'S CORNER: BURRITO BAR! ALLERGEN: GF Chicken Parmesan, GF Pasta w/Marinara Sauce & Steamed Broccoli HEALTHY CHOICE: Portabella Mushrooms – Parmesan-Roasted Portabella Topped w/Sauce & Cheese PIZZA: Supreme Pizza w/Veggies, Meat & Cheese DESSERT: Mini Mousse Tarts / Luck of the Irish Ice Cream</p>	<p>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: Portabella Mushrooms – Parmesan-Roasted Portabella Topped w/Sauce & Cheese PIZZA: Supreme Pizza w/Veggies, Meat & Cheese DESSERT: Fruit Crepe Bar / Luck of the Irish Ice Cream</p>
<p>FRIDAY – 3/20 OMELETS TO ORDER Egg & Cheese on a Kaiser Roll</p>	<p>SOUP: Chicken Rice Soup ENTRÉE: Baked Cod w/Garlic Parmesan Crust STARCH & VEGETABLE: Rice Pilaf / California Blend Veggies 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 / Luck of the Irish Ice Cream</p>	<p>SOUP: Chicken Rice Soup ENTRÉE: Sliced Roast Beef w/Beef Gravy 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 / Luck of the Irish Ice Cream</p>
<p>SATURDAY – 3/21 Continental Breakfast Omelets (CTO) 9:30am-11:00am</p>	<p>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 CERIAL BAR: Oatmeal / Cream of Wheat with dried cherries, raisins, 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</p>	<p>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</p>
<p>SUNDAY – 3/22 Continental Breakfast Omelets (CTO) 9:30am-11:00am</p>	<p>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 CERIAL BAR: Oatmeal / Cream of Wheat with dried cherries, raisins, 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</p>	<p>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</p>