

# CHAMPLIN WEEKLY MENU

## Week of February 23 – March 1

**\*\*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 ~

<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

<p><b>MONDAY – 2/23</b> <b>OMELETS TO ORDER</b> Egg &amp; Cheese on a Bagel</p>	<p><b>SOUP:</b> Turkey Rice Soup <b>ENTRÉE:</b> General Tso’s Chicken <b>STARCH &amp; VEGETABLE:</b> Jasmine Rice / Garlic Green Beans <b>SALAD:</b> Ambrosia <b>COOK’S CORNER:</b> QUESADILLA BAR! <b>ALLERGEN:</b> GF General Tso’s Chicken, Jasmine Rice &amp; Garlic Green Beans <b>HEALTHY CHOICE:</b> Hummus with Pita Points <b>PIZZA:</b> English Muffin Pizza <b>DESSERT:</b> Peanut Butter Cookies</p>	<p><b>SOUP:</b> Turkey Rice Soup <b>ENTRÉE:</b> Sloppy Joes (GF) <b>STARCH &amp; VEGETABLE:</b> Tater Tots w/Bacon &amp; Cheddar / Corn <b>SALAD:</b> Ambrosia <b>COOK’S CORNER:</b> QUESADILLA BAR! <b>ALLERGEN:</b> GF Sloppy Joes, White Rice &amp; Corn <b>HEALTHY CHOICE:</b> Quinoa Salad <b>PIZZA:</b> English Muffin Pizza <b>DESSERT:</b> Toasted Almond Cake</p>
<p><b>TUESDAY – 2/24</b> <b>OMELETS TO ORDER</b> Cheese Blintz w/Strawberry Sauce</p>	<p><b>SOUP:</b> Beef Chili / Italian Wedding Soup <b>ENTRÉE:</b> Shrimp Scampi Over Linguine Pasta <b>STARCH &amp; VEGETABLE:</b> Garlic Bread / Sauteed Asparagus with Garlic Oil <b>SALAD:</b> <a href="#">SALUTE TO LINDA B - Fresh Salads Made by Linda</a> Mozzarella &amp; Tomato Caprese, Broccoli Bacon Salad, Sealeg Salad <b>COOK’S CORNER:</b> Ramen Noodle Bowl <b>DELI:</b> Burrito Bowl <b>ALLERGEN:</b> GF Baked Ziti w/Meat Sauce &amp; Melted Mozzarella Cheese &amp; Sauteed Asparagus <b>HEALTHY CHOICE:</b> Cheese &amp; Crackers with Grapes <b>PIZZA:</b> Caramelized Onion &amp; Crumbled Blue Cheese White Pizza <b>DESSERT:</b> Double Chocolate Chip Cookies</p>	<p><b>SOUP:</b> Beef Chili / Italian Wedding Soup <b>ENTRÉE:</b> Roasted Pork Loin with Pan Gravy <b>STARCH &amp; VEGETABLE:</b> Baked Potatoes / Chateau Blend Veggies <b>SALAD:</b> Mozzarella &amp; Tomato Caprese, Broccoli Bacon Salad, Sealeg Salad <b>COOK’S CORNER:</b> Ramen Noodle Bowl <b>ALLERGEN:</b> Roasted Pork Loin, Baked Potatoes &amp; Chateau Blend Veggies <b>HEALTHY CHOICE:</b> Cheese &amp; Crackers with Grapes <b>PIZZA:</b> Caramelized Onion &amp; Crumbled Blue Cheese White Pizza <b>DESSERT:</b> Monthly Birthday Cake or Cupcakes</p>
<p><b>WEDNESDAY – 2/25</b> <b>OMELETS TO ORDER</b> Cranberry &amp; White Chip Pancakes  <b>MLK UNITY DINNER</b></p>	<p><b>SOUP:</b> Loaded Potato Soup <b>ENTRÉE:</b> Monte Cristo Sandwich on Battered Texas Toast with Ham, Turkey, Swiss, Mayo &amp; Mustard <b>STARCH &amp; VEGETABLE:</b> Sweet Potato Wedges / Steamed Mixed Veggies <b>SALAD:</b> Potato Salad <b>COOK’S CORNER:</b> Pasta Action w/ choice of Chicken, Shrimp, Sausage, Veggies &amp; Sauces <b>ALLERGEN:</b> GF General Tso’s Chicken, Jasmine Rice &amp; Asian Style Veggie Blend <b>HEALTHY CHOICE:</b> Chicken &amp; Black Bean Salad <b>PIZZA:</b> Cheesy Garlic Bread Sticks / Spinach &amp; Cheese Ravioli <b>DESSERT:</b> White Chip Cranberry Cookies</p>	<p><b>SOUP:</b> Loaded Potato Soup <b>ENTRÉE:</b> Grilled Jerk Chicken 1/8’s with Honey Glaze <b>STARCH &amp; VEGETABLE:</b> Collard Greens / Garlic Green Beans / Candied Yams / Corn Muffins / Mac &amp; Cheese <b>SALAD:</b> Potato Salad <b>COOK’S CORNER:</b> Pasta Action with choice of Chicken, Shrimp, Sausage, Veggies, &amp; Sauces <b>ALLERGEN:</b> GF Jerk Chicken, Candied Yams &amp; Garlic Green Beans <b>HEALTHY CHOICE:</b> Chicken &amp; Black Bean Salad <b>PIZZA:</b> Cheesy Garlic Bread Sticks / Spinach &amp; Cheese Ravioli <b>DESSERT:</b> Pecan Pie, Sweet Potato Pie, Whoopie Pies</p>

**BREAKFAST****LUNCH****DINNER**

<p><b>THURSDAY – 2/26</b>  <b>OMELETS TO ORDER</b>  Egg &amp; Cheese on a Biscuit</p>	<p><b>SOUP:</b> Chicken Corn Chowder / Apple Pumpkin Bisque  <b>ENTRÉE:</b> WING BAR!  <b>STARCH &amp; VEGETABLE:</b> Steamed Potatoes / California Blend Veggies  <b>SALAD:</b> Cheese Tortellini Pesto Pasta Salad  <b>COOK'S CORNER:</b> STIR FRY BAR  <b>DELI:</b> BURRITO BAR!  <b>ALLERGEN:</b> GF Chicken Wings, Steamed Potatoes &amp; California Blend Veggies  <b>HEALTHY CHOICE:</b> Grilled Turkey Burgers with Pesto, Roasted Peppers &amp; Caramelized Onions  <b>PIZZA:</b> Hawaiian Pizza  <b>DESSERT:</b> Assorted Cookies</p>	<p><b>SOUP:</b> Chicken Corn Chowder / Apple Pumpkin Bisque  <b>ENTRÉE:</b> Carved Roasted New York Strip Steak with GF Beef Gravy  <b>STARCH &amp; VEGETABLE:</b> Mashed Potatoes / Sauteed Zucchini, Yellow Squash &amp; Grape Tomatoes &amp; Garlic Oil  <b>SALAD:</b> Cheese Tortellini Pesto Pasta Salad  <b>COOK'S CORNER:</b> STIR FRY BAR  <b>DELI:</b> BURRITO BAR!  <b>ALLERGEN:</b> GF Carved New York Strip w/GF Gravy, Mashed Potatoes,  <b>HEALTHY CHOICE:</b> Grilled Turkey Burgers with Pesto, Roasted Peppers &amp; Caramelized Onions  <b>PIZZA:</b> Hawaiian Pizza  <b>DESSERT:</b> Strawberry Layer Cake</p>
<p><b>FRIDAY – 2/27</b>  <b>OMELETS TO ORDER</b>  French Toast</p>	<p><b>SOUP:</b> Tomato Soup  <b>ENTRÉE:</b> Beer Battered Cod  <b>STARCH &amp; VEGETABLE:</b> Roasted Potato Wedges / Italian Blend Veggies  <b>SALAD:</b> DuJour  <b>COOK'S CORNER:</b> <b>Dog Days of Winter</b> - Hot Dogs &amp; Bratwurst  <b>DELI:</b> BURRITO BAR!  <b>ALLERGEN:</b> GF Hot Dog or Bratwurst on GF Roll, Chips &amp; Italian Blend Veggies  <b>HEALTHY CHOICE:</b> Turkey Pinwheels w/Roasted Red Peppers &amp; Spinach  <b>PIZZA:</b> Broccoli White Pizza  <b>DESSERT:</b> Oatmeal Raisin Cookies</p>	<p><b>SOUP:</b> Tomato Soup  <b>ENTRÉE:</b> Chicken &amp; Vegetable Lo Mein  <b>STARCH &amp; VEGETABLE:</b> Steamed Vegetable Dumplings w/Dipping Sauce / Snap Peas  <b>SALAD:</b> DuJour  <b>COOK'S CORNER:</b> <b>Dog Days of Winter</b> - Hot Dogs &amp; Bratwurst  <b>DELI:</b> BURRITO BAR!  <b>ALLERGEN:</b> GF Chicken &amp; Vegetable Lo Mein &amp; Snap Peas  <b>HEALTHY CHOICE:</b> Turkey Pinwheels w/Roasted Red Peppers &amp; Spinach  <b>PIZZA:</b> Broccoli White Pizza  <b>DESSERT:</b> Tuxedo Mousse Cake</p>
<p><b>SATURDAY – 2/28</b>  <b>Continental Breakfast Omelets (CTO)</b>  9:30am-11:00am</p>	<p><b>SOUP :</b> Soup Du Jour  <b>ENTRÉE :</b> Breakfast Potatoes, Bacon, Sausage &amp; Scrambled Eggs (9:30-2:00)  Broccoli, Cheddar &amp; Egg Strudel (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 &amp; Donuts</p>	<p><b>SOUP:</b> Soup Du Jour  <b>ENTRÉE:</b> GF Chicken Korma  <b>STARCH &amp; VEGETABLE:</b> Basmati Rice / Broccoli  <b>COOK'S CORNER:</b> Closed  <b>ALLERGEN:</b> GF Chicken Korma, Basmati Rice &amp; Broccoli  <b>PIZZA:</b> Assorted Pizza  <b>DESSERT:</b> Sundae Bar</p>
<p><b>SUNDAY – 3/1</b>  <b>Continental Breakfast Omelets (CTO)</b>  9:30am-11:00am</p>	<p><b>SOUP:</b> Soup Du Jour  <b>ENTRÉE:</b> Breakfast Potatoes, Bacon, Sausage &amp; Scrambled Eggs (9:30-2:00)  Bread Pudding w/Vanilla Custard Sauce (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 &amp; Donuts</p>	<p><b>SOUP :</b> Soup Du Jour  <b>ENTRÉE :</b> Deconstructed Beef Kebab w/Grape Tomatoes, Onions &amp; Mushrooms  <b>STARCH &amp; VEGETABLE:</b> Steamed Potatoes / Baby Carrots  <b>COOK'S CORNER :</b> Closed  <b>ALLERGEN:</b> GF Deconstructed Beef Kebab w/Grape Tomatoes, Onions &amp; Mushrooms, Steamed Potatoes &amp; Baby Carrots  <b>PIZZA:</b> Assorted Pizza  <b>DESSERT:</b> Sundae Bar</p>