

Weekly Menu

 Vegan Options  Gluten-Free Available

TUESDAY

Breakfast

—

Lunch

Fajitas • Black Beans • Spanish Rice

Supper

Baked Potato Bar

WEDNESDAY

Breakfast

Scrambled Eggs • Scrambled Tofu • Tater Tots • Oatmeal

Lunch

Open Faced Turkey Sandwiches • Pinto Beans • White Rice

Supper

Pasta Bar • Breadsticks • Broccoli • Kidney Beans • Wild Rice

THURSDAY

Breakfast

Breakfast Burritos • Grits • Oatmeal

Lunch

Yellow Curry • Jasmine Rice • Lentils

Supper

Pitas • Chicken Salad • Gyro Style Meat • Fresh Vegetables • Tzatziki Sauce • Black Beans • White Rice

FRIDAY

Breakfast

Biscuits and Gravy • Sausage Links • Boiled Eggs • Oatmeal

Lunch

Gluten • Mashed Potato • Cauliflower • Garbanzos • Brown Rice

Supper

Haystacks

SABBATH

Breakfast

Scones • Cinnamon Rolls • Yogurt Bar • Boiled Egg • Scrambled Tofu

Lunch

Oatmeal Patty • Mashed Potato • Green Beans • Brownie • Dinner Roll • Salad

Supper

Pizza • Salad

All meals include vegan and gluten-free alternatives