



# Winter/Fall ARCG MENU

2018-2019 Standard Menu Week



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Breakfast</b> 8:00 - 9:00 am <small>served with a seasonal selection of Fruit, Yogurt, Oatmeal and Cold Cereals, breakfast breads and hard boiled eggs (if no eggs on menu)</small>	<b>French Toast</b> <b>Sausage</b> <b>Maple Syrup</b> <b>Strawberry Syrup</b>	<b>New York Bagels</b> <b>with Cream Cheese</b> <b>Scrambled Eggs &amp; Bacon</b> <b>Danishes</b>	<b>Pancakes</b> <b>Sausage Links</b> <b>Maple Syrup</b> <b>Strawberry Syrup</b>	<b>Denver Style</b> <b>Bell Pepper &amp; Onion &amp; Ham</b> <b>Hash Brown Patties</b>	<b>WG Belgium Waffles</b> <b>Sausage</b> <b>Maple Syrup</b> <b>Strawberry Syrup</b>	<b>Scrambled Eggs</b> <b>Home Style Potato Cubes</b> <b>Sausage Patties</b>	<b>Biscuits &amp; Sausage Gravy</b> <b>Scrambled Eggs</b>
	<b>Gluten Free option includes :</b> <b>Gluten Free Pancakes</b>	<b>Gluten Free option includes :</b> <b>GF Toast and Fruit</b>	<b>Gluten Free option includes :</b> <b>Gluten Free French Toast</b>	<b>Gluten Free option includes :</b> <b>Meal is GF</b>	<b>Gluten Free option includes :</b> <b>Gluten Free Waffles</b>	<b>Gluten Free option includes :</b> <b>Meal is GF</b>	<b>Gluten Free option includes :</b> <b>GF Toast, Eggs and Sausage</b>
	<b>Vegetarian option includes :</b> <b>vegan breakfast sausage</b>	<b>Vegetarian option includes :</b> <b>vegan breakfast sausage</b>	<b>Vegetarian option includes :</b> <b>vegan breakfast sausage</b>	<b>Vegetarian option includes :</b> <b>scrambled eggs</b>	<b>Vegetarian option includes :</b> <b>vegan breakfast sausage</b>	<b>Vegetarian option includes :</b> <b>Vegan Breakfast Sausage</b>	<b>Vegetarian option includes :</b> <b>vegan breakfast sausage</b>
	<b>Vegan Pancake, Vegan Sausage</b>	<b>Vegan Denver Tofu Scramble, Vegan Sausage</b>	<b>Vegan French Toast, Vegan Sausage</b>	<b>Vegan Dever Tofu Scamble, Vegan Hash Browns</b>	<b>Vegan Waffles, Vegan Sausage</b>	<b>Vegan Tofu Scramble, Vegan Breakfast Sausage</b>	<b>Vegan Tofu Scramble, Vegan Breakfast Sausage</b>
<b>Lunch</b> 12:30 - 1:30 pm <small>served with a seasonal selection of Fruit, Full Salad Bar, Soup of the Day and assorted breads</small>	<b>Mushroom Chicken</b> <b>Stuffing</b> <b>Vegetables</b>	<b>Chili Dogs</b> <b>French Fries</b>	<b>Beef Taquitos</b> <b>Sour Cream and Salsa</b> <b>Refried Beans</b> <b>Vegetables</b>	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> <b>Sausage Pizza</b>	<b>Chicken Tenders</b> <b>French Fries</b> <b>Vegetables</b>	<b>Hamburgers</b> <b>Potato Chips</b>	<b>Ed's Bar-B-Qued Chicken</b> <b>Baked Beans</b> <b>Vegetables</b>
	<b>Gluten Free option includes :</b> <b>Meal is GF without Stuffing</b>	<b>Gluten Free option includes :</b> <b>GF Hot Dog and Bun</b>	<b>Gluten Free option includes :</b> <b>Meal is GF</b>	<b>Gluten Free option includes :</b> <b>GF pizza</b>	<b>Gluten Free option includes :</b> <b>GF Chicken and Fries</b>	<b>Gluten Free option includes :</b> <b>Burger with GF Bun</b>	<b>Gluten Free option includes :</b> <b>Meal is GF</b>
	<b>Vegetarian option includes :</b> <b>Vegan Chicken Nuggets</b>	<b>Vegetarian option includes :</b> <b>Vegan Hot Dog &amp; French Fries</b>	<b>Vegetarian option includes :</b> <b>Vegan Taquitos</b>	<b>Vegetarian option includes :</b> <b>Cheese Pizza</b>	<b>Vegetarian option includes :</b> <b>Vegan Chicken Tenders</b>	<b>Vegetarian option includes :</b> <b>Vegan Burgers</b>	<b>Vegetarian option includes :</b> <b>Stuffed Bell Peppers</b>
	<b>Vegan Chicken Nuggets and vegetables</b>	<b>Vegan Hot Dog and French Fries</b>	<b>Vegan Taquitos</b>	<b>Vegan Pizza</b>	<b>Vegan Chicken Tenders</b>	<b>Vegan Burgers</b>	<b>Stuffed Bell Peppers</b>
<b>Dinner</b> 6:00 - 7:00 pm <small>served with a seasonal selection of Fruit, Full Salad Bar, Soup of the Day, assorted breads and Dessert</small>	<b>Lasagne</b> <b>Vegetables</b> <b>Garlic Bread</b>	<b>Baked Penne Pasta</b> <b>with Meat Sauce</b> <b>Vegetables</b>	<b>Oven Fried Chicken</b> <b>Mashed Potatoes</b> <b>Vegetables</b>	<b>Macaroni &amp; Cheese</b> <b>Sliced Smoked Ham</b> <b>Vegetables</b>	<b>Roasted Chicken</b> <b>Scalloped Potatoes</b> <b>Vegetables</b>	<b>Chicken Fajita</b> <b>Spanish Rice</b> <b>Refried Beans</b>	<b>Sliced Roast Beef</b> <b>W/ Gravy</b> <b>Mashed Potatoes</b> <b>Vegetables</b>
	<b>Gluten Free option includes :</b> <b>GF Pasta with Dinner Roll</b>	<b>Gluten Free option includes :</b> <b>GF Pasta with Meat Sauce</b>	<b>Gluten Free option includes :</b> <b>Meal is GF</b>	<b>Gluten Free option includes :</b> <b>GF Mac and Cheese</b>	<b>Gluten Free option includes :</b> <b>Meal is GF</b>	<b>Gluten Free option includes :</b> <b>Meal is GF</b>	<b>Gluten Free option includes :</b> <b>Meal is GF without Gravy</b>
	<b>Vegetarian option includes :</b> <b>Vegetarian Lasagne</b>	<b>Vegetarian option includes :</b> <b>Baked Penne Pasta with Marinara Sauce</b>	<b>Vegetarian option includes :</b> <b>Terriyaki Veggies over Rice</b>	<b>Vegetarian option includes :</b> <b>Vegan Creamy Mac and Cheese</b>	<b>Vegetarian option includes :</b> <b>Vegan Tofu and Veggies with Ginger Cocout Milk, Rice</b>	<b>Vegetarian option includes :</b> <b>Vegan Tacos, Mexican Rice, Vegan Refried Beans</b>	<b>Vegetarian option includes :</b> <b>Vegan Chili and Potatoes</b>
	<b>Vegan Penne Pasta with Marinara</b>	<b>Vegan Baked Penne Pasta with Marinara</b>	<b>Vegan Terriyaki Veggies over Rice</b>	<b>Vegan Creamy Mac and Cheese and Veggies</b>	<b>Vegan Tofu and Veggies with Ginger Cocout Milk, Rice</b>	<b>Vegan Tacos, Mexican Rice, Vegan Refried Beans</b>	<b>Vegan Chili with Potatoes</b>
			RED - Gluten Free option	BLUE - Vegetarian Option	GREEN - Vegan Option		

Note: This menu is subject to change without notice.