



SUMMER ARCG MENU

2018 Standard Menu Week



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast 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>	Buttermilk Pancakes Sausage Maple Syrup Strawberry Syrup	New York Bagels with Cream Cheese Bacon Danishes	French Toast Sausage Links Maple Syrup Strawberry Syrup	Denver Style Bell Pepper & Onion & Ham Hash Brown Patties	WG Belgium Waffles Sausage Maple Syrup Strawberry Syrup	Scrambled Eggs Home Style Potato Cubes Sausage Patties	Biscuits & Sausage Gravy Scrambled Eggs
	Gluten Free option includes : Gluten Free Pancakes	Gluten Free option includes : GF Toast and Fruit	Gluten Free option includes : Gluten Free French Toast	Gluten Free option includes : Meal is GF	Gluten Free option includes : Gluten Free Waffles	Gluten Free option includes : Meal is GF	Gluten Free option includes : GF Toast, Eggs and Sausage
	Vegetarian option includes : vegan breakfast sausage	Vegetarian option includes : vegan breakfast sausage	Vegetarian option includes : vegan breakfast sausage	Vegetarian option includes : scrambled eggs	Vegetarian option includes : vegan breakfast sausage	Vegetarian option includes : Vegan Breakfast Sausage	Vegetarian option includes : vegan breakfast sausage
	Vegan Pancake, Vegan Sausage	Vegan Denver Tofu Scramble, Vegan Sausage	Vegan French Toast, Vegan Sausage	Vegan Dever Tofu Scramble, Vegan Hash Browns	Vegan Waffles, Vegan Sausage	Vegan Tofu Scramble, Vegan Breakfast Sausage	Vegan Tofu Scramble, Vegan Breakfast Sausage
Lunch 12:30 - 1:30 pm <small>served with a seasonal selection of Fruit, Full Salad Bar, Soup of the Day and assorted breads</small>	Mushroom Chicken Stuffing Vegetables	Chili Dogs French Fries	Beef Taquitos Sour Cream and Salsa Refried Beans Vegetables	Cheese Pizza Pepperoni Pizza Sausage Pizza	Chicken Tenders French Fries Vegetables	Hamburgers Potato Chips	Ed's Bar-B-Qued Chicken Baked Beans Vegetables
	Gluten Free option includes : Meal is GF without Stuffing	Gluten Free option includes : GF Hot Dog and Bun	Gluten Free option includes : Meal is GF	Gluten Free option includes : GF pizza	Gluten Free option includes : GF Chicken and Fries	Gluten Free option includes : Burger with GF Bun	Gluten Free option includes : Meal is GF
	Vegetarian option includes : Vegan Chicken Nuggets	Vegetarian option includes : Vegan Hot Dog & French Fries	Vegetarian option includes : Vegan Taquitos	Vegetarian option includes : Cheese Pizza	Vegetarian option includes : Vegan Chicken Tenders	Vegetarian option includes : Vegan Burgers	Vegetarian option includes : Stuffed Bell Peppers
	Vegan Chicken Nuggets and vegetables	Vegan Hot Dog and French Fries	Vegan Taquitos	Vegan Pizza	Vegan Chicken Tenders	Vegan Burgers	Stuffed Bell Peppers
Dinner 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>	Lasagne Vegetables Garlic Bread	Baked Penne Pasta with Meat Sauce Vegetables	Teriyaki Chicken Rice Vegetables Fortune cookies	Macaroni & Cheese Sliced Smoked Ham Vegetables	Roasted Chicken Scalloped Potatoes Vegetables	Chicken Fajita Spanish Rice Refried Beans	Sliced Roast Beef W/ Gravy Mashed Potatoes Vegetables
	Gluten Free option includes : GF Pasta with Dinner Roll	Gluten Free option includes : GF Pasta with Meat Sauce	Gluten Free option includes : Meal is GF	Gluten Free option includes : GF Mac and Cheese	Gluten Free option includes : Meal is GF	Gluten Free option includes : Meal is GF	Gluten Free option includes : Meal is GF without Gravy
	Vegetarian option includes : Vegetarian Lasagne	Vegetarian option includes : Baked Penne Pasta with Marinara Sauce	Vegetarian option includes : Terriyaki Veggies over Rice	Vegetarian option includes : Vegan Creamy Mac and Cheese	Vegetarian option includes : Vegan Tofu and Veggies with Ginger Cocout Milk, Rice	Vegetarian option includes : Vegan Tacos, Mexican Rice, Vegan Refried Beans	Vegetarian option includes : Vegan Chili and Potatoes
	Vegan Baked Penne Pasta with Marinara	Vegan Baked Penne Pasta with Marinara	Vegan Terriyaki Veggies over Rice	Vegan Creamy Mac and Cheese and Veggies	Vegan Tofu and Veggies with Ginger Cocout Milk, Rice	Vegan Tacos, Mexican Rice, Vegan Refried Beans	Vegan Chili with Potatoes

Note: This menu is subject to change without notice.

RED - Gluten Free option

BLUE - Vegetarian Option

GREEN - Vegan Option