

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast Sandwiches	Waffle Bar Breakfast Sandwiches	Hot Breakfast .42 Per Ounce	Hot Breakfast .42 Per Ounce	Breakfast Sandwiches
SOUP 1.90-2.90	Carrot Ginger	Curried Rice Lentil ~	Pasta Fagioli	French Onion	Minestrone
CHILI 2.25-3.25	Applewood Bacon Cheddar	Smoked Turkey	Chipotle Mushroom ~	Three "Chile" Chili	Cajun Shrimp
MAIN COURSE .42 per oz.	Beef Tamale Pie Cavatelli, Broccoli, Garlic	Chicken Parmesan Dijon Pear Pork Chop	Apple Honey Salmon Homestyle Meatloaf	Vegetable Lasagna Cranberry Turkey Meatballs	Chicken, Smoked Mozzarella, Prosciutto Tilapia a la Bercy
SIDES .42 per oz.	Spanish Rice ~ Buttered Basil Peas	Scalloped Potatoes Steamed Green Beans~	Toasted Quinoa ~ Roasted Beets	Brown Rice Pilaf ~ Sautéed Spinach	Creamy Polenta Basil Yellow Squash
SPECIALTY SALAD 5.25	Maple Glazed Tofu, Charred Apples, Pepitas Artichokes, Carrots ~	Grilled Ham, Pineapple, Macadamias, Jicama, Banana Chips	Blackened Portabella, Avocado, Cucumber, Tomato, Carrot ~	Smoked Turkey BLT, Shaved Onion, Cucumber, Cheddar	Roasted Pepper, Tofu, Chickpeas, Toasted Almonds, Sunflower Seeds ~
SPECIALTY SANDWICH 4.75	Black Forest Ham, Gala Apples, Fontina, Cranberry Mayonnaise	Roasted Beef, Tomato, Emmenthaler, Grain Mustard, Iceberg	Crisp Chicken, Caramelized Onions, Provolone, Grilled Romas	Roasted Mushroom, Tofu Caramelized Onion, Hummus ~	Grilled Zucchini, Roasted Tomato, Charred Onion Balsamic Dressing ~
SPECIALTY SANDWICH 4.75	Smoked Turkey, Ricotta Salata, Red Pepper Arugula	Cumin Eggplant, Tomato Avocado, Watercress Romesco ~	Lemon Pepper Tuna, Grilled Artichoke, Tapenade Spread	Roasted Ham, Vermont Cheddar, Coleslaw	Roast Turkey, Gouda, Smoked Honey Mayonnaise, Crisp Apples
WRAP 4.75	Tuna Fish ,Cherry Tomatoes, Scallions, Green Leaf	Smoked Chicken Salad, St. Andre, Dried Fruit	Grilled Eggplant, Cherry Tomatoes, Spinach Mushroom Tapenade ~	Flaked Salmon, Avocado, Red Pepper, Cilantro Tapenade	Shaved Beef, Jarlsberg, Horseradish Aioli, Pickle Relish
BAGUETTE SANDWICH 4.75	Curried Chicken Salad, Raisins, Almonds, Cilantro	Grilled Tofu, Crisp Vidalias, Avocado, Honey BBQ ~	Baked Ham, Grilled Pineapple, Havarti Arugula	Crisp Ranch Chicken, BBQ, Onions, Iceberg, Swiss	Salmon Almond Salad, Alfalfa Spouts, Cucumbers, Dried Cranberries
BAGUETTE SANDWICH 4.75	Grilled Zucchini, Sun Dried Tomato Pesto Artichokes, Crisp Onion ~	Cajun Shrimp Salad, Jack Cheese, Baby Spinach	Hickory Turkey, Swiss Bosc Pear, Lingonberry Spread	Grilled Vegetables, Red Pepper Pesto, Watercress	Serrano Ham, Monterey Jack, Portabellas, Dijon Mayonnaise