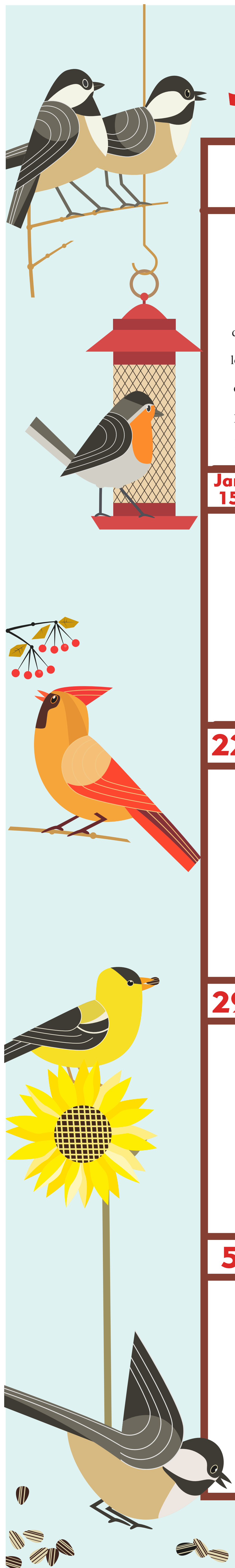


JANUARY 15 - FEBRUARY 9



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| <p>National Bird Feeding Month!</p> <p>Birds in North America can have a very difficult time surviving the winter. The days become shorter, and the nights colder and longer. The natural food supply is exhausted or covered by snow, and many insects are dormant or dead. Finding shelter and water is often difficult, and the food needed to provide enough energy to keep birds warm is scarce. Therefore, every February, at the height of the winter, we celebrate National Bird Feeding Month.</p> | <p>Salad Bar and Fresh Fruit always available for lunch/brunch/dinner.</p> | <p>Vegetarian Option ▼ Low Fat Option ♥ Healthier Option ■</p> |  | |
| <p>The "Healthier" ■ indication on Entrees means <350 cal, <5 g sat. fat, on Soup, Salad, Sides means <250 cal, <5 g sat. fat, on Baked Goods means <230 cal, <5 g fat</p> <p>This institution is an equal opportunity provider. Menu subject to change.</p> | | | | |
| <p>Jan 15</p>  | <p>16</p> <p>Soup du Jour Dried Cranberry & Blue Cheese Salad ■</p> <p>Beef & Broccoli Vegetarian Beef Strips ▼ Chicken Veggie Wraps ■</p> <p>Sauteed Broccoli Jasmine Rice Ice Cream</p> | <p>17</p> <p>Soup du Jour Chicken Caesar Salad</p> <p>Loaded Cheeseburger Beef or Turkey Vegetarian Chicken Nuggets ▼ Blackened Glazed Trout ■</p> <p>Parmesan Risotto Lettuce, Tomato, Onion, Pickles, Pork or Turkey Bacon French Fries Cookies Fruit Punch</p> | <p>18</p> <p>Soup du Jour Green Salad ■</p> <p>Fried Whiting Fishless Fish ▼ Grilled Chicken Breast</p> <p>Oven Roasted Mixed Veggies Macaroni & Cheese Garlic Bread Ice Cream</p> | <p>19</p> <p style="text-align: center;">Check Out</p> |
| <p>22</p> <p>Soup du Jour Green Salad</p> <p>Jamaican Beef Patty Jamaican Chicken Patty Vegetarian Chicken Pot Pie ♥ ▼ Roasted Chicken Breast ■</p> <p>Garlic Sautéed Cabbage Red Beans & Rice Vanilla Cake Tea</p> | <p>23</p> <p>Soup du Jour</p> <p>Taco Tuesdays Beef Tacos Jamaican Chicken Patty Beyond Meat Tacos ♥ ▼ Herbed Baked Chicken ■</p> <p>Lettuce, Tomato, Onions Salsa, Cheese, Sour Cream Ice Cream</p> | <p>24</p> <p>Soup du Jour Greens & Smoked Gouda Salad</p> <p>Orange Chicken Veggie Orange Chicken ♥ ▼ Grilled Orange Chicken Breast ■</p> <p>Garlic Sautéed Broccoli Fried Rice Spring Roll Chocolate Chip Cookies Lemonade</p> | <p>25</p> <p>Soup du Jour Green Salad</p> <p>Slow Roasted Pot Roast Vegetarian Beef Strips ♥ ▼ Asian Noodle Bowl w/Veggies ■</p> <p>Roasted Brussel Sprouts Mashed Potatoes/Gravy Dinner Roll Oreo Pie</p> | <p>26</p> <p style="text-align: center;">Check Out</p> |
| <p>29</p> <p>Soup du Jour</p> <p>Breakfast for Dinner Eggs, Bacon, Sausage Vegan Breakfast Bake ▼ Jus Eggs, Potatoes, Vegan Sausage Spinach Quiche</p> <p>Roasted Vegetables Cheese Grits Potatoes Buttered Waffle Cinnamon Roll Tea</p> | <p>30</p> <p>Soup du Jour</p> <p>Baked Salmon w/Remoulade Fried Tofu ▼ Oven Roasted Chicken ■</p> <p>Oven Roasted Brussel Sprouts Macaroni & Cheese Cornbread Ice Cream Cup</p> | <p>31</p> <p>Soup du Jour</p> <p>Chicken Wing Bar Vegetarian Chicken ▼ Baked Chicken Wings ■</p> <p>Caesar Salad Curly Fries Juice Box Lemon Cake Punch</p> | <p>Feb 1</p> <p>Soup du Jour Greek Salad</p> <p>Grilled Balsamic & Garlic Flank Steak Grilled Balsamic & Garlic Vegan Beef Strips ▼ Blackened Tilapia ■</p> <p>Oven Roasted Green Beans Red Bliss Rosemary Potatoes Cookies</p> | <p>2</p> <p style="text-align: center;">Check Out</p> |
| <p>5</p> <p>Soup du Jour Farmer's Salad</p> <p>Honey Garlic Pork Chops Honey Garlic Vegetarian Chicken ▼ Honey Garlic Chicken ■</p> <p>Oven Roasted Vegetables Herb Roasted Potatoes Sweet Potato Pie Juice Box</p> | <p>6</p> <p>Soup du Jour</p> <p>Housemade Spaghetti Housemade Vegetarian Spaghetti ▼ Eggplant Parmesan ■</p> <p>Sauteed Spinach Garlic Bread Rice Krispie Treat</p> | <p>7</p> <p>Soup du Jour</p> <p>Fried Chicken Fried Tofu ▼ Grilled Chicken Breast</p> <p>Fresh Greens Scalloped Potatoes Cookies Flavored Water</p> | <p>8</p> <p>Soup du Jour Spinach & Fruit Salad</p> <p>Pizza Bar Vegetarian Pizza ▼ Zucchini Patty</p> <p>Sauteed Vegetable Medley Mexican Street Corn Vanilla Cake</p> | <p>9</p> <p style="text-align: center;">Check Out</p> |