



# ARCG MENU

## 2019 Standard Menu Week



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
served with a seasonal selection of Fruit, Yogurt,	<b>French Toast</b> Sausage Maple Syrup Boesensberry Syrup	<b>New York Bagels</b> with Cream Cheese Scrambled Eggs & Bacon Danishes	<b>Pancakes</b> Sausage Links Maple Syrup Boesensberry Syrup	<b>Scrambled eggs</b> Sausage Hash Brown Patties	<b>Chicken and Waffles</b> Maple Syrup Boesensberry Syrup	<b>Scrambled Eggs</b> Home Style Potato Cubes Sausage Patties	<b>Biscuits &amp; Sausage Gravy</b> Scrambled Eggs
	<b>Gluten Free option includes :</b> <b>Gluten Free French Toast</b>	<b>Gluten Free option includes :</b> <b>GF Toast and Fruit</b>	<b>Gluten Free option includes :</b> <b>Gluten Free Pancake</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>with Vegan Sausage</b>	<b>Vegetarian option includes :</b> <b>Vegan Chicken</b>	<b>Vegetarian option includes :</b> <b>Vegan Breakfast Sausage</b>	<b>Vegetarian option includes :</b> <b>vegan breakfast sausage</b>
	<b>Vegan French Toast, Vegan Sausage</b>	<b>Vegan Scramble, Vegan Sausage</b>	<b>Vegan Pancake, Vegan Sausage</b>	<b>Vegan Scamble, Vegan sausage</b>	<b>Vegan Waffles, Vegan Chicken</b>	<b>Vegan Scramble, Vegan Breakfast Sausage</b>	<b>Vegan Biscuit, Scramble and Vegan Breakfast Sausage</b>
<b>Lunch</b> :30 pm served with a seasonal selection of Fruit, Full Salad Bar, Soup of the Day and assorted breads	<b>Mushroom Chicken</b> Stuffing Vegetables	<b>Chili Dogs</b> French Fries	<b>Beef Taquitos</b> Sour Cream and Salsa Refried Beans Vegetables	<b>Cheese Pizza</b> Pepperoni Pizza	<b>Hamburgers</b> Potato Chips	<b>Chicken Tenders</b> French Fries	<b>Ed's Bar-B-Qued Chicken</b> Baked Beans Vegetables
	<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 Burger and Bun</b>	<b>Gluten Free option includes :</b> <b>Chicken and Fries</b>	<b>Gluten Free option includes :</b> <b>Meal is GF</b>
	<b>Vegetarian option includes :</b> <b>Vegan Chicken</b>	<b>Vegetarian option includes :</b> <b>Vegan Hot Dog &amp; French Fries</b>	<b>Vegetarian option includes :</b> <b>Cheese Quesadilla</b>	<b>Vegetarian option includes :</b> <b>Cheese Pizza</b>	<b>Vegetarian option includes :</b> <b>Vegan Burger</b>	<b>Vegetarian option includes :</b> <b>Vegan Chicken Tenders</b>	<b>Vegetarian option includes :</b> <b>Stuffed Bell Peppers</b>
	<b>Vegan Chicken</b>	<b>Vegan Hot Dog and French Fries</b>	<b>Vegan Quesadilla</b>	<b>Vegan Pizza</b>	<b>Vegan Burger</b>	<b>Vegan Chicken Tenders</b>	<b>Stuffed Bell Peppers</b>
<b>Dinner</b> 7:00 pm served with a seasonal selection of Fruit, Full Salad Bar, Soup of the Day, assorted breads and Dessert	<b>Sliced Roast Beef</b> w/Gravy Mashed Potatoes Vegetables	<b>Baked Penne Pasta</b> Garlic Bread Vegetables	<b>Oven Fried Chicken</b> Mashed Potatoes Vegetables	<b>Macaroni &amp; Cheese</b> Sliced Smoked Ham Vegetables	<b>Roasted Chicken</b> Scalloped Potatoes Vegetables	<b>Chicken Alfredo</b> Vegetables	<b>Lasagne</b> Garlic Bread Vegetables
	<b>Gluten Free option includes :</b> <b>Meal is GF without Gravy</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>GF Pasta with Marinara</b>
	<b>Vegetarian option includes :</b> <b>Vegan Chili with Potatoes</b>	<b>Vegetarian option includes :</b> <b>Baked Penne Pasta with Marinara Sauce</b>	<b>Vegetarian option includes :</b> <b>Vegan Chicken Breast</b>	<b>Vegetarian option includes :</b> <b>Vegan Creamy Mac and Cheese</b>	<b>Vegetarian option includes :</b> <b>Vegan Marinated Tofu</b>	<b>Vegetarian option includes :</b> <b>Vegetarian Alfredo</b>	<b>Vegetarian option includes :</b> <b>Vegan Penne Pasta with Marinara</b>
	<b>Vegan Chili with Potatoes</b>	<b>Vegan Baked Penne Pasta with Marinara</b>	<b>Vegan Chicken Breast</b>	<b>Vegan Creamy Mac and Cheese and Veggies</b>	<b>Vegan Marinated Tofu</b>	<b>Vegan Alfredo</b>	<b>Vegan Penne Pasta with Marinara</b>

Note: This menu is subject to change without notice.

RED = Gluten Free option

BLUE = Vegetarian Option

GREEN = Vegan Option