



# ARCG MENU

2020 Standard Menu Week - Winter



	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>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>Scrambled eggs</b> <b>Sausage</b> <b>Home Style Potato Cubes</b>	<b>Chicken and Waffles</b>  <b>Maple 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>	
	Gluten Free option includes : Gluten Free French Toast	Gluten Free option includes : GF Toast and Fruit	Gluten Free option includes : Gluten Free Pancake	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	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 : with Vegan Sausage	Vegetarian option includes : Vegan Chicken	Vegetarian option includes : Vegan Breakfast Sausage	Vegetarian option includes : vegan breakfast sausage	Vegetarian option includes : vegan breakfast sausage
	Vegan French Toast, Vegan Sausage	Vegan Scramble, Vegan Sausage	Vegan Pancake, Vegan Sausage	Vegan Scramble, Vegan sausage	Vegan Waffles, Vegan Chicken	Vegan Scramble, Vegan Breakfast Sausage	Vegan Biscuit, Scramble and Vegan Breakfast Sausage	Vegan Biscuit, Scramble and Vegan Breakfast Sausage
<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>Meatball Sub</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>Hamburgers</b> <b>Potato Chips</b>	<b>Chicken Tenders</b> <b>French Fries</b>	<b>Chicken Alfredo</b> <b>Vegetables</b>	
	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 Burger and Bun	Gluten Free option includes : Chicken and Fries	Gluten Free option includes : Roasted Chicken	Gluten Free option includes : Roasted Chicken
	Vegetarian option includes : Vegan Chicken	Vegetarian option includes : Vegan Hot Dog & French Fries	Vegetarian option includes : Cheese Quesadilla	Vegetarian option includes : Cheese Pizza	Vegetarian option includes : Vegan Burger	Vegetarian option includes : Vegan Chicken Tenders	Vegetarian option includes : Stuffed Bell Peppers	Vegetarian option includes : Stuffed Bell Peppers
	Vegan Chicken	Vegan Hot Dog and French Fries	Vegan Quesadilla	Vegan Pizza	Vegan Burger	Vegan Chicken Tenders	Stuffed Bell Peppers	Stuffed Bell Peppers
<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>Salmon</b> <b>w/teriyaki glaze</b> <b>Rice</b> <b>Vegetables</b>	<b>Baked Penne Pasta</b> <b>Garlic Bread</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>Coq Au Vin</b> <b>Vegetables</b>	<b>Sliced Roast Beef</b> <b>w/Gravy</b> <b>Mashed Potatoes</b> <b>Vegetables</b>	
	Gluten Free option includes : Meal is GF without sauce	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 : GF Pasta with Marinara	Gluten Free option includes : Meal is GF without gravy	Gluten Free option includes : Meal is GF without gravy
	Vegetarian option includes : Vegan Chicken Breast w/ teriyaki glaze	Vegetarian option includes : Baked Penne Pasta with Marinara Sauce	Vegetarian option includes : Vegan Chicken Breast	Vegetarian option includes : Vegan Creamy Mac and Cheese	Vegetarian option includes : Vegan Marinated Tofu Scalloped Potatoes	Vegetarian option includes : Vegetarian Alfredo	Vegetarian option includes : Vegan Penne Pasta with Marinara	Vegetarian option includes : Vegan Penne Pasta with Marinara
	Vegan Chicken Breast	Vegan Baked Penne Pasta with Marinara	Vegan Chicken Breast	Vegan Creamy Mac and Cheese and Veggies	Vegan Marinated Tofu	Vegan Alfredo	Vegan Penne Pasta with Marinara	Vegan Penne Pasta with Marinara

Note: This menu is subject to change without notice.

RED = Gluten Free option

BLUE = Vegetarian Option

GREEN = Vegan Option