

CHAMPLIN WEEKLY MENU

Week of Sept 29 - October 5

Monday - Friday:

Breakfast 7am - 10:30am
Lunch 11am - 4pm
Dinner 4:30pm - 7pm

Saturday- Sunday:

Breakfast 9:30am - 10:30am
Lunch 11am - 4pm
Dinner 4:30pm - 6pm

BREAKFAST Available Daily:

Bacon, Turkey Bacon, Sausage, Fruit/Yogurt, Cereals/Hot & Cold, MYO Waffles & Pancakes, Breakfast Potatoes, Bagels/Pastries

LUNCH Available Daily:

Hamburgers Cheeseburgers, Chicken Sandwich, Fries, Onion Rings, Mac & Cheese, Pizza, MYO Waffles & Pancakes, CTO, Hot Bar, Deli, Salad Bar, & Ice Cream

DINNER Available Daily:

Hamburgers Cheeseburgers, Chicken Sandwich, Fries, Onion Rings Pizza, CTO, Hot Bar, Deli, Salad Bar, & Ice Cream

****Chicken Sandwich, Hamburgers & Cheeseburgers: Everyday**

****Pasta served with 3 Sauces at Pizza Station every Lunch & Dinner except special Pasta Wednesdays**

****Macaroni & Cheese Everyday (Next to French Fries)**

*** Salad of the Week: Spinach Salad – w/Fruits, Nuts, Assorted Veggies, Hard Boiled Egg, Bacon, Balsamic or Italian Vinaigrette Dressing**

~ Menu subject to change due to availability ~

BREAKFAST	LUNCH	DINNER
MONDAY – 9/29 OMELETS TO ORDER Egg & Cheese on a Bagel	SOUP: Turkey Rice Soup ENTRÉE: WING BAR with Choice of Dipping Sauce STARCH & VEGETABLE: Steamed Potatoes SALAD: Fresh Mozzarella & Tomato Caprese COOK’S CORNER: QUESADILLA BAR! ALLERGEN: GF Chicken Wings (Baked) with Choice of Dipping Sauce, Steamed Potatoes & California Blend Veggies PIZZA: English Muffin Pizza DESSERT: Peanut Butter Cookie Bars	SOUP: Turkey Rice Soup ENTRÉE: Seasoned Seared Chicken Breast STARCH & VEGETABLE: Baked Potatoes / Italian Blend Veggies SALAD: Fresh Mozzarella & Tomato Caprese COOK’S CORNER: QUESADILLA BAR! ALLERGEN: Seasoned Seared Chicken Breast, Baked Potatoes & Italian Blend Veggies PIZZA: English Muffin Pizza DESSERT: Toasted Almond Cake
TUESDAY 9/30 OMELETS TO ORDER Egg & Cheese on a Biscuit	SOUP: Sundried Tomato Florentine Soup ENTRÉE: Tex Mex Skillet (Ground Beef with Onions, Peppers, Spices & Cheddar Cheese) STARCH & VEGETABLE: White Rice / Corn SALAD: Ambrosia Salad COOK’S CORNER: Ramen Noodle Bowl DELI: BURRITO BAR! ALLERGEN: GF Tex Mex Skillet (Ground Beef with Onions, Peppers, Spices & Cheddar Cheese), White Rice & Corn PIZZA: Mushroom & Onion Pizza DESSERT: Double Chocolate Chip Cookies	SOUP: Sundried Tomato Florentine Soup ENTRÉE: Roasted Pork Loin with Gravy STARCH & VEGETABLE: Roasted Sweet Potato Wedges / Brussel Sprouts SALAD: Ambrosia Salad COOK’S CORNER: Ramen Noodle Bowl DELI: BURRITO BAR! ALLERGEN: Roasted Pork Loin, Roasted Sweet Potato Wedges & Roasted Brussel Sprouts PIZZA: Mushroom & Onion Pizza DESSERT: Peach Cobbler
WEDNESDAY – 10/1 OMELETS TO ORDER Egg & Cheese on Kaiser Roll	SOUP: Loaded Potato Soup ENTRÉE: General Tso’s Chicken / Spring Rolls / Fortune Cookies STARCH & VEGETABLE: Jasmine Rice / Asian Style Sauteed Vegetable Blend SALAD: Tuna Mac Salad COOK’S CORNER: Pasta Action w/ choice of Chicken, Shrimp, Sausage, Veggies & Sauces ALLERGEN: GF General Tso’s Chicken, Jasmine Rice & Asian Style Sauteed Veggie Blend PIZZA: Cheesy Garlic Bread Sticks / Spinach & Cheese Ravioli DESSERT: Pudding Celebration – Rice, Bread, Vanilla, Chocolate & Tapioca	SOUP: Loaded Potato Soup ENTRÉE: Carved Roasted New York Strip Steak w/Beef Gravy STARCH & VEGETABLE: Mashed Potatoes / Roasted Asparagus with Garlic Oil SALAD: Tuna Mac Salad COOK’S CORNER: Pasta Action with choice of Chicken, Shrimp, Sausage, Veggies, & Sauces ALLERGEN: GF Carved New York Strip w/GF Gravy, Mashed Potatoes & Roasted Asparagus PIZZA: Cheesy Garlic Bread Sticks / Spinach & Cheese Ravioli DESSERT: Strawberry Shortcake Layer Cake
THURSDAY – 10/2 OMELETS TO ORDER Broccoli, Cheddar & Egg Strudel	SOUP: Chicken Corn Chowder ENTRÉE: Seafood Mariniere – Shrimp, Cod, Calamari, Clams & Mussels, Sauteed with Onions & Tomatoes in White Wine Butter Sauce STARCH & VEGETABLE: Angel Hair Pasta / Sauteed Zucchini, Yellow Squash, Grape Tomatoes & Garlic Oil SALAD: Hummus with Pita Points COOK’S CORNER: STIR FRY BAR DELI: BURRITO BAR! ALLERGEN: GF Baked Ziti with Meat Sauce & Melted Mozzarella Cheese, Sauteed Zucchini, Yellow Squash, Grape Tomatoes & Garlic Oil PIZZA: Hawaiian Pizza DESSERT: Assorted Cookies	SOUP: Chicken Corn Chowder ENTRÉE: Roasted Sliced Leg of Lamb with Garlic & Herbs & Pan Gravy STARCH & VEGETABLE: Roasted Potatoes / Sauteed Spinach with Garlic Oil SALAD: Hummus with Pita Points COOK’S CORNER: STIR FRY BAR DELI: BURRITO BAR! ALLERGEN: GF Roasted Sliced Leg of Lamb with Garlic & Herbs & Pan Gravy, Roasted Potatoes & Sauteed Spinach with Garlic Oil PIZZA: Hawaiian Pizza DESSERT: Whoopie Pies
FRIDAY – 10/3 OMELETS TO ORDER Egg & Cheese on a Croissant	SOUP: Tomato Soup ENTRÉE: Beer Battered Fried Cod STARCH & VEGETABLE: Curly Fries / Garden Blend Veggies SALAD: DuJour COOK’S CORNER: GRILLED CHEESE BAR DELI: BURRITO BAR! ALLERGEN: GF Breaded Chicken Tenders, Roasted Potatoes & Garden Blend Veggies PIZZA: Broccoli White Pizza DESSERT: Oatmeal Raisin Cookies	SOUP: Tomato Soup ENTRÉE: Grilled Sliced Flank Steak with Beef Jus STARCH & VEGETABLE: Salt Potatoes / Honey Roasted Baby Carrots SALAD: DuJour COOK’S CORNER: GRILLED CHEESE BAR DELI: BURRITO BAR! ALLERGEN: GF Grilled Sliced Flank Steak with Beef Jus, Salt Potatoes & Honey Roasted Baby Carrots PIZZA: Broccoli White Pizza DESSERT: Tuxedo Mousse Cake
SATURDAY – 10/4 Continental Breakfast Omelets (CTO) 9:30am-11:00am	SOUP : Soup Du Jour ENTRÉE : Breakfast Potatoes, Bacon, Sausage & Scrambled Eggs (9:30-2:00) French Toast (11:00-2:00) COOK’S CORNER : Omelets HOT CERAL BAR: Oatmeal / Cream of Wheat with dried cherries, raisins, maple syrup, choc chips, spiced apples, coconut cinnamon, brown sugar ALLERGEN: GF Sandwich Bar w/ Choice of Ham, Roast Beef, Turkey, Swiss, Cheddar, American or Provolone on GF Bread PIZZA: Assorted Pizza DESSERT: Assorted Pastries & Donuts	SOUP: Soup Du Jour ENTRÉE: Chicken & Vegetable Lo Mein Served Over Lo Mein Noodles STARCH & VEGETABLE: Egg Rolls / Broccoli COOK’S CORNER: Closed ALLERGEN: GF Chicken & Vegetable Lo Mein over Rice Noodles & Broccoli PIZZA: Assorted Pizza DESSERT: Sundae Bar
SUNDAY – 10/5 Continental Breakfast Omelets (CTO) 9:30am-11:00am	SOUP: Soup Du Jour ENTRÉE: Breakfast Potatoes, Bacon, Sausage & Scrambled Eggs (9:30-2:00) Blueberry Pancakes (11:00-2:00) COOK’S CORNER : Omelets HOT CERAL BAR: Oatmeal / Cream of Wheat with dried cherries, raisins, maple syrup, choc chips, spiced apples, coconut cinnamon, brown sugar ALLERGEN: GF Sandwich Bar w/ Choice of Ham, Roast Beef, Turkey, Swiss, Cheddar, American or Provolone on GF Bread PIZZA: Assorted Pizzas DESSERT: Assorted Pastries & Donuts	SOUP : Soup Du Jour ENTRÉE : Coconut Curry Chicken STARCH & VEGETABLE: Basmati Rice / Garlic Green Beans COOK’S CORNER : Closed ALLERGEN: GF Coconut Chicken, Basmati Rice & Garlic Green Beans PIZZA: Assorted Pizza DESSERT: Sundae Bar