

CHAMPLIN WEEKLY MENU – Week of September 11-17

CHAMPLIN		
Breakfast	Mon-Fri	7:00am - 11:00am
Lunch	Mon-Fri	11:00am - 4:00pm
Dinner	Mon-Fri	4:00pm - 7:00pm
Brunch	Sat&Sun	11:00am - 3:00pm
Cont. B-fast	Sat&Sun	9:30am - 11:00am
Dinner	Sat&Sun	4:00pm - 7:00pm
GRAB & GO	Mon-Sun	11:00am - 7:00pm
PIZZA-TO-GO	Friday	4:00pm – 6:45pm
WINGS-TO-GO	Sunday	4:00pm – 6:45pm

BREAKFAST Available Daily: Bacon, Turkey Bacon, Sausage, Fruit/Yogurt, Cereals/Hot & Cold, MYO Waffles, Breakfast Potatoes, Bagels/Pastries
DINNER Available Daily: Hamburgers, Cheeseburgers, Hot Dogs, Fries, Pizza, Deli, Salad Bar
LUNCH Available Daily: Hamburgers, Cheeseburgers, Hot Dogs, Fries, Pizza, Deli, Salad Bar, MYO Waffles

BREAKFAST

LUNCH

DINNER

<p>MONDAY – 9/11 OMELETS TO ORDER Egg and Cheese On English Muffin</p> <p>Steak Night: Carved Roast Beef w/AuJus and Roasted Potatoes</p>	<p>SOUP: Chicken Noodle / Broccoli Cheddar ENTRÉE: Pan Roasted Sausage w/peppers & onions / Vegetarian Flat Bread STARCH & VEGETABLE: Pierogies w/caramelized onions / Steamed Broccoli ALLERGEN FRIENDLY: Roasted Chicken, Asparagus, Rice / Deli / Soup CTO: Soup Filled Bread Bowl / Omelet Extension DELI SALAD: Deviled Eggs / Sweet Potato Fries PIZZA: Hawaiian Pizza DESSERT: Chocolate Chip Cookies</p>	<p>SOUP: Chicken Noodle / Broccoli Cheddar ENTRÉE: Chicken Francese / Veggie Lo Mein STARCH & VEGETABLE: Linguine / Sautéed Zucchini, Tom, Onion, Garlic ALLERGEN FRIENDLY: Roast Pork Loin w/carrots, mashed potatoes & gravy / Deli / Soup CTO: STEAK NIGHT – Carved Roast Beef / Taco Salad Bowl DELI SALAD: Deviled Eggs / Sweet Potato Fries PIZZA: Hawaiian Pizza DESSERT: Pineapple Upside Down Cake</p>
<p>TUESDAY – 9/12 OMELETS TO ORDER Broccoli, Egg & Cheese Strudel</p>	<p>SOUP: Cheeseburger Chowder / Italian White Bean Florentine ENTRÉE: Lasagna Roll-ups / Sautéed Veggies, White Bean Pasta in Light Italian Sauce STARCH & VEGETABLE: Garlic Toast / Bermuda Blend Veggies ALLERGEN FRIENDLY: GF Quesadilla / Deli / Soup CTO: Sticky Ginger Shrimp over Scallion Rice / Omelet Extension DELI SALAD: Stuffed Celery Sticks / Meatballs w/Marinara PIZZA: Chicken Parm Pizza DESSERT: Half Moon Cookies</p>	<p>SOUP: Cheeseburger Chowder / Italian White Bean Florentine / Chip & Dip Bar ENTRÉE: Grilled Jerk Chicken w/Honey Glaze / Vegetarian Souvlaki & Tofu Flat Breads STARCH & VEGETABLE: Jamaican Style Quinoa / Seared Asparagus ALLERGEN FRIENDLY: Teriyaki Bar / Deli / Soup CTO: Fried Chicken Bowl w/Mashed Potatoes, Corn & Gravy DELI SALAD: Stuffed Celery Sticks / Meatballs w/Marinara PIZZA: Chicken Parm Pizza DESSERT: Carrot Cake w/Cream Cheese Frosting</p>
<p>WEDNESDAY – 9/13 OMELETS TO ORDER Egg Benedict</p> <p>Harvest Dinner</p>	<p>SOUP: Shrimp Bisque / Chicken Noodle ENTRÉE: General Tso's Chicken / Portabella Mushroom Parm STARCH & VEGETABLE: White Rice / Baby Carrots ALLERGEN FRIENDLY: GF Chicken Tenders / Deli / Soup CTO: Pasta Action w/choice of Chicken & Veggies DELI SALAD: Broccoli Bacon Salad / Onion Petals w/dipping sauce PIZZA: Grandma's Pizza / Garlic Bread DESSERT: Nestle Crunch</p>	<p>HARVEST DINNER: Seared Salmon w/Orange Glaze, Prime Rib w/Caramelized Onion & Wild Mushroom Demi Glace, Crown Roast of Pork with Apple Cider Reduction, Homemade Apple Sauce, Roasted Root Vegetables, Mashed Potatoes, Apple Cider, Salad Bar, Broccoli Bacon Salad, Corn Bread, Deep Dish Dutch Apple Pie, Pumpkin Cheesecake, Pecan Pie, Allergen: Prime Rib (Vegetarian Stuffed Acorn Squash by request)</p>
<p>THURSDAY – 9/14 OMELETS TO ORDER Banana Bignets</p> <p>Health & Wellness Expo Quinoa Tabbouleh & Asian Kale Salad & Apple Salad</p>	<p>SOUP: Turkey Rice / Pasta Fagioli ENTRÉE: Korean Fried Broccoli / Breaded Cod STARCH & VEGETABLE: Onion Rings/ Normandy Blend ALLERGEN FRIENDLY: GF Honey Mustard Chicken Casserole / Deli / Soup CTO: Hot Roast Beef Sandwich w/toppings DELI SALAD: Quinoa Tabbouleh / Pita Points w/Humus PIZZA: Meat Calzones DESSERT: Cranberry White Chip Cookies</p>	<p>SOUP: Turkey Rice / Pasta Fagioli / Create your own Caesar Salad Bar ENTRÉE: Greek Gyros / Eggplant Rollatini STARCH & VEGETABLE: Waffle Fries / Sautéed Spinach ALLERGEN FRIENDLY: Hot Meatball Sandwich / Deli / Soup CTO: Shrimp Scampi / Omelet Extension DELI SALAD: Quinoa Tabbouleh / Pita Points w/Humus PIZZA: Meat Calzones DESSERT: Boston Cream Pies</p>
<p>FRIDAY – 9/15 OMELETS TO ORDER Ham, Egg & Cheese on a Biscuit Hispanic Heritage Day</p> <p>Asian Stir Fry TO-GO!! Chicken / Shrimp / Veggie/Tofu</p>	<p>SOUP: Tomato / Black Bean Soup ENTRÉE: Mexican Bistec Ranchero / Stuffed Shells Neapolitan STARCH & VEGETABLE: Red Beans & Rice / Yellow Peppers, Sugar Snap Peas, Red Onion & Tomatoes ALLERGEN FRIENDLY: GF Pasta Bar / Deli / Soup CTO: BLT Bar DELI SALAD: Roasted Vegetable Pasta Salad / Cajun Fries PIZZA: Margherita Pizza DESSERT: Mint Chip Cookies</p>	<p>SOUP: Tomato / Black Bean Soup ENTRÉE: Roasted Shrimp Boil / Curry Vegetables STARCH & VEGETABLE: Coconut Rice / Roasted Cauliflower ALLERGEN FRIENDLY: Blackened Chicken w/mash sweet potatoes & veggies/ Deli / Soup CTO: Buffalo Chicken or Plain Chicken Wraps DELI SALAD: Roasted Vegetable Pasta Salad / Cajun Fries PIZZA: Margherita Pizza DESSERT: Vanilla 4 layer fruited cream torte</p>
<p>SATURDAY – 9/16 Brunch OMELETS TO ORDER Omelets (CTO) 9:30-11am Continental Breakfast</p>	<p>SOUP: Beef Vegetable ENTRÉE: Strawberry & Cream Cheese Stuffed French Toast HOT CEREAL BAR: Oatmeal / Cream of Wheat with dried cherries, craisins, maple syrup, choc chips, spiced apples, coconut, cinnamon, brown sugar ALLERGEN FRIENDLY: Eggs, Omelets, GF French Toast CTO: Omelets PIZZA: Stromboli DESSERT: Assorted Muffins / Fruited Cheese Danish</p>	<p>SOUP: Beef Vegetable / Baked Potato Bar ENTRÉE: Chicken Marsala / Cheese Tortellini STARCH & VEGETABLE: Egg Noodles / Roasted Veggies ALLERGEN FRIENDLY: GF BBQ Pork Chops / Deli / Soup CTO: Garlic Sauce w/Asian Veggies over Jasmine Rice PIZZA: Stromboli DESSERT: French Silk Pies</p>
<p>SUNDAY – 9/17 OMELETS TO ORDER Omelets (CTO) Continental Breakfast ORDER WINGS TO GO</p>	<p>SOUP: Turkey Rice ENTRÉE: Chocolate Chip Pancakes HOT CEREAL BAR: Oatmeal / Cream of Wheat with dried cherries, craisins, maple syrup, choc chips, spiced apples, coconut, cinnamon, brown sugar ALLERGEN FRIENDLY: Eggs, Omelets, Bagels, Toast & Muffins/ Deli / Soup CTO: Omelets PIZZA: BBQ Chicken Pizza DESSERT: Assorted Pastries / Coffee Cake</p>	<p>SOUP: Turkey Rice ENTRÉE: Thai Chicken Curry / Vegetarian Quesadillas STARCH & VEGETABLE: Lo Mein Noodles / Battered Corn Bites ALLERGEN FRIENDLY: Roasted Sliced Hanger Steak w/rst potatoes & broccoli / Deli / Soup CTO: Mexican Beef and Rice Skillet PIZZA: BBQ Chicken Pizza DESSERT: Waffle Bowl Sundae Bar</p>