

FBBC & TS

Dining Services

MENU KEY

- ◆ Gluten Friendly
- ◆ Can Be Made
Gluten Friendly
(If willing to wait)
- ◆ Gluten Present

Assorted Breads and Cereals are available for all served meals as well as a Salad Bar for lunches and dinners.

*Salad bar always has at least two dressings that are gluten-free.

All menus are subject to change!

PLEASE NOTE: While we make every effort to prevent cross-contact by potential allergens through the provision of specific serving utensils, we cannot guarantee any item to be completely allergen-free. The term gluten-free in this pamphlet refers to items that are purchased as such from our suppliers and sealed until opened by the consumer. You should not assume any item produced in our facility is completely free of gluten.

MENU

		BREAKFAST	LUNCH	DINNER	SOUP
SUNDAY	September 6	Assorted Pastries, Cheese Omelet , Grilled Sausage Coins , Mini Potato Pancakes, French Toast Sticks, Stuffed Waffle, Double Berry Overnight Oats, ETO , Yogurt/Granola/Fruit	Smoked Pork Chop , Fried Chicken, Kung Pao Beef w/ Rice Noodles , Mashed Potatoes w/ Pork Gravy , Rice Pilaf, 5-way Mixed Vegetables , Cauliflower AuGratin		
MONDAY	September 7	Assorted Pastries, Bacon Quiche, Breakfast Ham Slice , Seasoned Potato Circles , Chocolate Chip Pancakes, Strawberry Overnight Oats, ETO , Yogurt/Granola/Fruit	Roast Turkey Breast , Country Style Steak, Crab Cakes, Cheese Curds, Stuffing, Baby Carrots , Baked Beans , Cheesy Chicken Bacon Ranch Pizza	Garlic Shrimp , Veal Parmesan, Monterey Chicken Breast, AuGratin Potatoes, Baked Yellow Fingerlings , Sugar Snap Peas , Rutabagas w/ Bacon , Cheesy Chicken Bacon Ranch Pizza	Chili
TUESDAY	September 8	Assorted Pastries, Breakfast Wrap, Turkey Bacon , French Toast Sticks, Hash Browns , Blackberry Overnight Oats, ETO , Yogurt/Granola/Fruit	Beef Pot Roast , Macaroni & Cheese w/ Ham, Paella Chicken, Mashed Potatoes w/ Beef Gravy , Baked Potatoes , Green Beans , Candied Carrots , Taco Pizza	Bacon-Wrapped Pork Kabobs , Turkey & Dumplings, Swiss Steak, Dirty Spuds , Spanish Rice, Asparagus , Grandma's Baked Beans , Taco Pizza	Egg Drop
WEDNESDAY	September 9	Assorted Pastries, Breakfast Egg Rolls, Pork Sausage Patty , Crème Brulee French Toast, Oven Roasted Redskin Potatoes , Peach/Banana Overnight Oats, ETO , Yogurt/Granola/Fruit	Baked Cod , Chicken Fried Steak w/ Country Gravy, Tuna Noodle Casserole, Baby Bakers , Sweet Potato Casserole, Brussels Sprouts , Cindy's Fabulous Corn, Pepperoni Pizza	Grilled Turkey Tenderloin , Burrito Casserole, Fried Cod, Macaroni & Cheese, French Fries (Baked) , Bahama Blend Vegetables , Broccoli AuGratin, Pepperoni Pizza	Corn Chowder
THURSDAY	September 10	Assorted Pastries, Egg & Sausage Sandwich, Turkey Sausage Patty , Bacon Pancakes, Grilled Diced Redskin Potatoes , Blueberry Overnight Oats, ETO , Yogurt/Granola/Fruit	Grilled Pork Steak , Phillysteak Sandwich, Chicken Strips , White Cheddar Pasta, Twice Baked Potatoes, Winter Blend Vegetables , Cheesy Baked Asparagus, Beef Pizza	Breakfast @ Dinner , Beef Pizza	Garbanzo Bean
FRIDAY	September 11	Assorted Pastries, Chicken Fried Steak w/ Country Gravy, Bacon , Blueberry Sausage Roller, Tater Tots (Baked) , Raspberry Overnight Oats, ETO , Yogurt/Granola/Fruit	Turkey Pot Roast , Lemon Pepper Pollock, Taco Spaghetti, Mashed Potatoes w/ Turkey Gravy , Risotto, Grilled Zucchini Squash , Sautéed Chick Peas, BBQ Chicken Pizza	Smoked Beef Brisket , Southwest Pasta w/ Chicken, Fried Shrimp, Baked Potatoes , Mozzarella Sticks, Wax Beans , Orange Glazed Carrots , BBQ Chicken Pizza	Clam Chowder
SATURDAY	September 12	BRUNCH:		Glazed Salmon Fillet , Sloppy Jo S.W. , Chicken Kiev, Tater Barrels (Baked) , Scalloped Potatoes, Roasted Butternut Squash , Steamed Peas	
EXTRAS		Weekly Bar: Baked Potato	Other: Belgian Waffles, Softserve, Fresh Fruit, Belgian and other assorted goodies and desserts served daily.		

MENU

		BREAKFAST	LUNCH	DINNER	SOUP
SUNDAY	September 13	Assorted Pastries, Egg & Canadian Bacon Sandwich, Chicken Sausage Patty, Hash Browns, Scrambled Eggs, Cinnamon Swirl French Toast, Raspberry Overnight Oats, ETO, Yogurt/Granola/Fruit	Bacon-Wrapped Pork Kabobs, Southwest Egg Roll, Meatloaf, Spudsters, Steamed Jasmin Rice, Green Beans, Baby Carrots		
MONDAY	September 14	Assorted Pastries, MYO Breakfast Burrito, Melba Overnight Oats, ETO, Yogurt/Granola/Fruit	Garlic Shrimp, Patty Melt Sandwich, Chicken Strips, Steamed Brown Rice, Sweet Heat Fries, Brussels Sprouts, Rutabagas w/ Bacon, Cheese Pizza	Wing Night, Cheese Pizza	Vegetable Beef
TUESDAY	September 15	Assorted Pastries, Sausage Gravy w/ Biscuit, Breakfast Pizza, Oven Roasted Redskin Potatoes, Bacon, Peach Overnight Oats, ETO, Yogurt/Granola/Fruit	Grilled Turkey Tenderloin, Beef Chili, Pork Egg Roll, Buffalo Fries, Baked Yellow Fingerlings, Winter Blend Vegetables, Green Bean Casserole, Meat Lovers Pizza	Roast Pork Loin, Grilled Cheese Sandwich, Meat Ravioli w/ Sauce, Mashed Sweet Potatoes w/ Marshmallows, Spuds Supreme, Corn, Spinach, Meat Lovers Pizza	Cream of Tomato
WEDNESDAY	September 16	Assorted Pastries, Eggs Benedict, Chocolate Chip Pancakes, Grilled O'Brien Potatoes, Pork Sausage Links, Banana Overnight Oats, ETO, Yogurt/Granola/Fruit	Smoked Beef Brisket, Orange Chicken, Steamed Potstickers, Steamed White Rice, Hash Brown Casserole, Broccoli Normandy, Squash Casserole, Pepperoni Pizza	Grilled Chicken Thighs, Fried Flounder, Hamburger Stew, Scalloped Potatoes, Cheese Curds, Steamed Peas, Green Beans Almandine, Pepperoni Pizza	Turkey Barley
THURSDAY	September 17	Assorted Pastries, Breakfast Wrap, Cinnamon Swirl French Toast, Tater Tots (Baked), Grilled Sausage Coins, Blueberry Overnight Oats, ETO, Yogurt/Granola/Fruit	Glazed Salmon Fillet, Italian Bombers, Lasagna, French Fries (Baked), Macaroni & Cheese, Grilled Zucchini Squash, Cindy's Fabulous Corn, Italian Sausage Pizza	Honey-Ginger Pork Loin, Mango Thai Drumsticks, Unstuffed Cabbage Roll, Spanish Rice, Dirty Spuds, Wax Beans, Broccoli Au Gratin, Italian Sausage Pizza	Broccoli Cheese
FRIDAY	September 18	Assorted Pastries, Baked Oatmeal w/ Blueberries, Breakfast Egg Roll, Mini Potato Pancakes, Bacon, Strawberry Overnight Oats, ETO, Yogurt/Granola/Fruit	Hog "Wings", Chicken Cordon Bleu, Meatballs & Spaghetti, Baked Potatoes, Hash Browns, Sugar Snap Peas, Swiss Vegetable Medley, Cheesy Chicken Bacon Ranch Pizza	Grilled Cubed Beef Steak, Fried Cod Fillet, Chicken Rice Casserole, Sweet Potato Fries (Fried), Steamed Brown Rice, Cauliflower, Italian Tomato Halves, Cheesy Chicken Bacon Ranch Pizza	Baked Potato
SATURDAY	September 19	BRUNCH: Scrambled Eggs w/ Bacon & Cheese, Turkey Sausage Links, Oven Roasted Redskin Potatoes, Grilled Steak w/ Onions & Peppers, Roasted Haricot Vert, Ginger Carrots, Assorted Pastries, Mandarin Orange Overnight Oats		No Meal Served @ Benson Dinner @ Crown Park	
EXTRAS		Weekly Bar: Burrito	Other: Belgian Waffles, Softserve, Fresh Fruit, Belgian and other assorted goodies and desserts served daily.		