

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	October 11	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	Weekly Bar	
MONDAY	October 12	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	October 13	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	October 14	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	October 15	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	October 16	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	October 17	BRUNCH:		Steamed Ham Slice, Chicken Nuggets, Potato Crusted Cod Bites, French Fries (Baked), Pickle Fries, Broccoli, Scalloped Corn	
EXTRAS		Weekly Bar: Baked Potato	Other: Belgian Waffles, Softserve, Fresh Fruit, Belgian and other assorted goodies and desserts served daily.		

MENU

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SUNDAY	October 18	Assorted Pastries, Breakfast Wrap, Scrambled Eggs w/ Ham & Cheese, Bacon, Seasoned Potato Circles , French Toast Sticks, Peach Overnight Oats, ETO , Yogurt/Granola/Fruit	Steamed Cod, Korean Beef Bowl, Chicken Strips , Cheese Curds, Baby Bakers, Corn , Cauliflower Au Gratin	Weekly Bar	
MONDAY	October 19	Assorted Pastries, Egg & Sausage Sandwich, Breakfast Ham Slice, Oven Roasted Redskin Potatoes , Pancakes, Blueberry Overnight Oats, ETO , Yogurt/Granola/Fruit	Roast Pork Loin , Pad Thai w/ Chicken, Walking Taco Casserole, Mashed Potatoes w/ Pork Gravy , Spanish Rice, Steamed Peas, Baked Beans, Pepperoni Pizza	Roast Beef Eye of Round , Mac & Jack w/ Chicken, Red Pepper Hummus w/ Pita Chips, Onion Rings, Tater Barrels (Baked), Baby Carrots , Corn Casserole, Pepperoni Pizza	Egg Drop
TUESDAY	October 20	Assorted Pastries, Bacon Quiche, Grilled Sausage Coins , Baked Oatmeal w/ Chocolate Chips, Mini Potato Pancakes , Raspberry Overnight Oats, ETO , Yogurt/Granola/Fruit	Breakfast @ Lunch , Breakfast Pizza	Baked Cod Fillet , Grilled Ham & Cheese Sandwich, Salisbury Steak w/ Creole Sauce, Macaroni & Cheese, Scalloped Potatoes, Green Beans , Broccoli AuGratin, Breakfast Pizza	Corn Chowder
WEDNESDAY	October 21	Assorted Pastries, Stuffed Waffles, Turkey Bacon , Cinnamon Swirl French Toast, Hash Browns , Pineapple/Banana Overnight Oats, ETO , Yogurt/Granola/Fruit	Grilled Chicken Thigh , Vegetable Egg Rolls, Chopped Beef & Spaghetti, Steamed Brown Rice , White Cheddar Pasta, Roasted Haricot Vert, Candied Carrots , Taco Pizza	Glazed Salmon Fillet, 5-Hr. Beef Stew , Chicken Patty Parmesan, Sweet Potato Casserole, Baked Potatoes, Brussels Sprouts , Broccoli Rice Casserole, Taco Pizza	Garbanzo Bean
THURSDAY	October 22	Assorted Pastries, Breakfast Egg Rolls, Pork Sausage Links , Sausage Gravy w/ Biscuits, Blueberry Pancakes, Plain Overnight Oats, ETO , Yogurt/Granola/Fruit	Cubed Beef Steak , Crab Cakes, White Chicken Enchiladas, AuGratin Potatoes, Baked Yellow Fingerlings, Cauliflower , Green Bean Casserole, Beef Pizza	Roast Chicken Drumsticks , Tuna Melts, Cashew Chicken w/ Rice Noodles , Stuffing, Rice Pilaf, Grilled Zucchini Squash , Creamed Peas, Beef Pizza	Vegetable Beef
FRIDAY	October 23	Assorted Pastries, Breakfast Pizza, Turkey Sausage Patty , Crème Brulee French Toast, Grilled Diced Redskin Potatoes , Strawberry Overnight Oats, ETO , Yogurt/Granola/Fruit	Baked Cod Fillet , BBQ Pork Sandwich, Chicken Divan, French Fries (Fried), Baked Potatoes, Broccoli , Cindy's Fabulous Corn, Meat Lovers Pizza	Grilled Steak Strips , Chicken Noodle Bake, Pork Fritters, Risotto, Twice Baked Potatoes, Sugar Snap Peas , Loaded Cauliflower Bake, Meat Lovers	Turkey Barley
SATURDAY	October 24	BRUNCH: Cheese Omelet, Pork Sausage Patty, Grilled O'Brien Potatoes, Smoked St. Louis Pork Ribs, 5-Way Mixed Vegetables , Assorted Pastries, Raspberry Overnight Oats		Smoked Pork Shoulder , Sriracha Chicken Bites, Meatloaf, Mashed Potatoes w/ Beef Gravy , Fried Mozzarella Sticks, Bahama Blend Vegetables, BBQ Beans	
EXTRAS		Weekly Bar: Nacho	Other: Belgian Waffles, Softserve, Fresh Fruit, Belgian and other assorted goodies and desserts served daily.		