

# CHAMPLIN WEEKLY MENU

## Week of September 1 - 7

<b><u>Monday - Friday:</u></b>
Breakfast 7am - 10:30am
Lunch 11am - 4pm
Dinner 4:30pm - 7pm

<b><u>Saturday- Sunday:</u></b>
Breakfast 9:30am - 10:30am
Lunch 11am - 4pm
Dinner 4:30pm - 6pm

<b><u>BREAKFAST Available Daily:</u></b> Bacon, Turkey Bacon, Sausage, Fruit/Yogurt, Cereals/Hot & Cold, MYO Waffles & Pancakes, Breakfast Potatoes, Bagels/Pastries
<b><u>LUNCH Available Daily:</u></b> Hamburgers Cheeseburgers, Chicken Sandwich, Fries, Onion Rings, Mac & Cheese, Pizza, MYO Waffles & Pancakes, CTO, Hot Bar, Deli, Salad Bar, & Ice Cream
<b><u>DINNER Available Daily:</u></b> 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, Balsamic or Italian Vinaigrette or w/Assorted Veggies, Hard Boiled Egg, Bacon & Italian Vinaigrette**

~ Menu subject to change due to availability ~

BREAKFAST	LUNCH	DINNER
<b>MONDAY – 9/1</b> <b>OMELETS TO ORDER</b> Egg & Cheese on a Bagel	<b>SOUP:</b> Turkey Rice <b>ENTRÉE:</b> Beer Battered Fried Cod <b>STARCH &amp; VEGETABLE:</b> Seasoned Potato Wedges / California Blend Veggies <b>SALAD:</b> Fresh Mozzarella & Tomato Caprese <b>COOK’S CORNER:</b> QUESADILLA BAR! <b>ALLERGEN:</b> Breaded GF Chicken Tenders with Choice of Dipping Sauce, Seasoned Potato Wedges & California Blend Veggies <b>PIZZA:</b> English Muffin Pizza <b>DESSERT:</b> Peanut Butter Cookie Bars	<b>SOUP:</b> Turkey Rice <b>ENTRÉE:</b> Seasoned Seared Chicken Breast <b>STARCH &amp; VEGETABLE:</b> Baked Potatoes / Snap Peas with Garlic Oil <b>SALAD:</b> Fresh Mozzarella & Tomato Caprese <b>COOK’S CORNER:</b> QUESADILLA BAR! <b>ALLERGEN:</b> Seasoned Seared Chicken Breast, Baked Potatoes & Snap Peas with Garlic Oil <b>PIZZA:</b> English Muffin Pizza <b>DESSERT:</b> Tuxedo Mousse Cake
<b>TUESDAY 9/2</b> <b>OMELETS TO ORDER</b> Bread Pudding with Vanilla Custard Sauce	<b>SOUP:</b> Sundried Tomato Florentine Soup <b>ENTRÉE:</b> Roasted Pork Loin with Pan Gravy <b>STARCH &amp; VEGETABLE:</b> Roasted Sweet Potato Wedges / Roasted Brussel Sprouts <b>SALAD:</b> Ambrosia Salad <b>COOK’S CORNER:</b> Ramen Noodle Bowl <b>DELI:</b> BURRITO BAR! <b>ALLERGEN:</b> Roasted Pork Loin, Sweet Potato Wedges & Roasted Brussel Sprouts <b>PIZZA:</b> Mushroom & Onion Pizza <b>DESSERT:</b> Double Chocolate Chip Cookies	<b>SOUP:</b> Sundried Tomato Florentine Soup <b>ENTRÉE:</b> Carved Roasted New York Strip Steak with Beef Gravy <b>STARCH &amp; VEGETABLE:</b> Mashed Potatoes / Roasted Asparagus with Garlic Oil <b>SALAD:</b> Ambrosia Salad <b>COOK’S CORNER:</b> Ramen Noodle Bowl <b>DELI:</b> BURRITO BAR! <b>ALLERGEN:</b> Carved Roasted New York Strip Steak w/GF Beef Gravy, Mashed Potatoes & Asparagus <b>PIZZA:</b> Mushroom & Onion Pizza <b>DESSERT:</b> Peach Cobbler
<b>WEDNESDAY – 9/3</b> <b>OMELETS TO ORDER</b> Egg & Cheese on Kaiser Roll	<b>SOUP:</b> Loaded Potato Soup <b>ENTRÉE:</b> General Tso’s Chicken / Spring Rolls <b>STARCH &amp; VEGETABLE:</b> Jasmine Rice / Asian Style Sauteed Vegetable Blend <b>SALAD:</b> Tuna Mac Salad <b>COOK’S CORNER:</b> Pasta Action w/ choice of Chicken, Shrimp, Sausage, Veggies & Sauces <b>ALLERGEN:</b> GF General Tso’s Chicken, Jasmine Rice & Asian Style Sauteed Veggie Blend <b>PIZZA:</b> Cheesy Garlic Bread Sticks / Spinach & Cheese Ravioli <b>DESSERT:</b> Mini Strawberry Cheesecake, Cookies/Cream Cupcakes, Brownies & Dessert Bars	<b>SOUP:</b> Loaded Potato Soup <b>ENTRÉE:</b> Chicken Cacciatore <b>STARCH &amp; VEGETABLE:</b> Mashed Potatoes / Corn <b>SALAD:</b> Tuna Mac Salad <b>COOK’S CORNER:</b> Pasta Action with choice of Chicken, Shrimp, Sausage, Veggies, & Sauces <b>ALLERGEN:</b> GF Chicken Cacciatore with GF Rotini, Sauteed Spinach w/Garlic Oil <b>PIZZA:</b> Cheesy Garlic Bread Sticks / Spinach & Cheese Ravioli <b>DESSERT:</b> Strawberry Shortcake Layer Cake
<b>THURSDAY – 9/4</b> <b>OMELETS TO ORDER</b> French Toast	<b>SOUP:</b> Chicken Corn Chowder <b>ENTRÉE:</b> NFL KICK-OFF POP UP!!! <b>Wings / Hot Dogs</b> <b>STARCH &amp; VEGETABLE:</b> Bacon & Cheddar Potato Skins / Garden Blend Veggies <b>SALAD:</b> Hummus with Pita Points <b>COOK’S CORNER:</b> STIR FRY BAR <b>DELI:</b> BURRITO BAR! <b>ALLERGEN:</b> GF Wings (Baked), Bacon & Cheddar Potato Skins & Garden Blend Veggies <b>PIZZA:</b> Hawaiian Pizza <b>DESSERT:</b> Assorted Cookies	<b>SOUP:</b> Chicken Corn Chowder <b>ENTRÉE:</b> Seafood Mariniere – Shrimp, Cod, Calamari, Clams & Mussels, Sauteed w/Onions & Tomatoes in White Wine Butter Sauce <b>STARCH &amp; VEGETABLE:</b> Angel Hair / Sauteed Zucchini, Yellow Squash, Grape Tom & Garlic Oil <b>SALAD:</b> Hummus with Pita Points <b>COOK’S CORNER:</b> Roasted / Fried Chicken Wrap w/toppings <b>DELI:</b> BURRITO BAR! <b>ALLERGEN:</b> GF Baked Ziti w/Meat Sauce & Melted Mozzarella, Sauteed Zucchini, Yellow Squash, Grape Tomatoes & Garlic Oil & GF Flourless Torte <b>PIZZA:</b> Hawaiian Pizza <b>DESSERT:</b> Whoopie Pies
<b>FRIDAY – 9/5</b> <b>OMELETS TO ORDER</b> Egg & Cheese on a Biscuit	<b>SOUP:</b> Tomato Soup <b>ENTRÉE:</b> Tex Mex Beef Skillet <b>STARCH &amp; VEGETABLE:</b> White Rice / Corn <b>SALAD:</b> DuJour <b>COOK’S CORNER:</b> GRILLED CHEESE BAR <b>DELI:</b> BURRITO BAR! <b>ALLERGEN:</b> GF Tex Mex Beef Skillet, White Rice & Corn <b>PIZZA:</b> Broccoli White Pizza <b>DESSERT:</b> Oatmeal Raisin Cookies	<b>SOUP:</b> Tomato Soup <b>ENTRÉE:</b> Chicken & Vegetable Lo Mein <b>STARCH &amp; VEGETABLE:</b> Roasted Baby Potatoes / Chateau Veggie Blend <b>SALAD:</b> DuJour <b>COOK’S CORNER:</b> GRILLED CHEESE BAR <b>DELI:</b> BURRITO BAR! <b>ALLERGEN:</b> GF Chicken & Vegetable Lo Mein over Rice Noodles, Broccoli <b>PIZZA:</b> Broccoli White Pizza <b>DESSERT:</b> Toasted Almond Cake
<b>SATURDAY – 9/7</b> <b>Continental Breakfast Omelets (CTO)</b> <b>9:30am-11:00am</b>	<b>SOUP :</b> Soup Du Jour <b>ENTRÉE :</b> Breakfast Potatoes, Bacon, Sausage & Scrambled Eggs (9:30-2:00) Broccoli, Cheddar & Egg Strudel (11:00-2:00) <b>COOK’S CORNER :</b> Omelets <b>HOT CERAL BAR:</b> Oatmeal / Cream of Wheat with dried cherries, raisins, maple syrup, choc chips, spiced apples, coconut cinnamon, brown sugar <b>ALLERGEN:</b> GF Sandwich Bar w/ Choice of Ham, Roast Beef, Turkey, Swiss, Cheddar, American or Provolone on GF Bread <b>PIZZA:</b> Assorted Pizza <b>DESSERT:</b> Assorted Pastries & Donuts	<b>SOUP:</b> Soup Du Jour <b>ENTRÉE:</b> Grilled Sliced London Broil with Beef Jus <b>STARCH &amp; VEGETABLE:</b> Salt Potatos / Honey Roasted Baby Carrots <b>COOK’S CORNER:</b> Closed <b>ALLERGEN:</b> Grilled Sliced London Broil with GF Beef Jus, Salt Potatoes, Honey Rstd Baby Carrots <b>PIZZA:</b> Assorted Pizza <b>DESSERT:</b> Sundae Bar
<b>SUNDAY – 9/8</b> <b>Continental Breakfast Omelets (CTO)</b> <b>9:30am-11:00am</b>	<b>SOUP:</b> Soup Du Jour <b>ENTRÉE:</b> Breakfast Potatoes, Bacon, Sausage & Scrambled Eggs (9:30-2:00) Egg & Cheese on Croissant (11:00-2:00) <b>COOK’S CORNER :</b> Omelets <b>HOT CERAL BAR:</b> Oatmeal / Cream of Wheat with dried cherries, raisins, maple syrup, choc chips, spiced apples, coconut cinnamon, brown sugar <b>ALLERGEN:</b> GF Sandwich Bar w/ Choice of Ham, Roast Beef, Turkey, Swiss, Cheddar, American or Provolone on GF Bread <b>PIZZA:</b> Assorted Pizzas <b>DESSERT:</b> Assorted Pastries & Donuts	<b>SOUP :</b> Soup Du Jour <b>ENTRÉE :</b> Coconut Chicken <b>STARCH &amp; VEGETABLE:</b> Basmati Rice / Garlic Green Beans <b>COOK’S CORNER :</b> Closed <b>ALLERGEN:</b> GF Coconut Chicken, Basmati Rice & Garlic Green Beans <b>PIZZA:</b> Assorted Pizza <b>DESSERT:</b> Sundae Bar