<table>
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td><strong>BREAKFAST</strong></td>
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<td><strong>LUNCH</strong></td>
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<td><strong>DINNER</strong></td>
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**Wells Menu – Week of July 23rd, 2017**

V=Vegetarian (no meat products); VGN=Vegan (no egg, dairy, or meat products)

<<S>> Fish/Shellfish allergy alert; <<N>> Nut/Peanut allergy alert

Lunch & Dinner: Organic Brown Rice-VGN

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**SUNDAY**

- Scrambled Eggs - V
- Hard Boiled Eggs - V
- Oatmeal Banana
- Pancakes-V
- Sausage Patties
- Home Fries-VGN

**MONDAY**

- White Chicken Chili with Cilantro
- Mushroom Barley Soup-VGN
- Popcorn Shrimp-S>
- Tuscan Rice and Beans-VGN
- Steamed Zucchini-VGN
- Chef's Choice Stir Fry
- Hot Dogs
- Fire Braised Chicken Breast
- Grilled Cheese-V
- 10 Veggies Veggie Burger-VGN
- Skin-On Shoestring Fries-VGN
- Bacon Pizza
- Cheese Pizza-V
- BBQ Chicken Pizza
- Italian Sausage Sub
- Deli Bar
- Salad Bar

**TUESDAY**

- Albondigas Meatball Soup
- Corn Chowder-V
- Garlic Beef & Broccoli
- Vegetable Lo Mein-V
- Parsley Baby Carrots-VGN
- Chef's Choice Stir Fry
- Fire Braised Chicken Breast
- Grilled Cheese-V
- Roasted Beet and Kale Burger-VGN
- Battered Fries-VGN
- Pepperoni Pizza
- Cheese Pizza-V
- Greek Pizza-V
- Meatball Subs
- Deli Bar
- Salad Bar

**WEDNESDAY**

- Turkey Rice Soup
- White Bean & Escarole Soup-VGN
- Chicken Tenders
- Shells and Cheese-V
- Chopped Spinach-VGN
- Chef's Choice Stir Fry
- Hot Dogs
- Fire Braised Chicken Breast
- Grilled Cheese-V
- Southwest Black Bean & Sweet Potato Burger-VGN
- Krinkle Kuit Fries-VGN
- Cheese Pizza-V
- Sausage Pizza
- Cheese Pizza-V
- Philly Cheese Steak Pizza
- Chicken Parmesan Sub
- Deli Bar
- Salad Bar

**THURSDAY**

- Cream of Chicken Soup
- Black Bean Soup-VGN
- Frito Pie
- Broccoli and Spinach Enchiladas-VGN
- Corn-VGN
- Chef's Choice Stir Fry
- Ham Burgers
- Hot Dogs
- Fire Braised Chicken Breast
- Grilled Cheese-V
- Mediterranean Quinoa Burger-VGN
- Skin-On Shoestring Fries-VGN
- Bacon Pizza
- Cheese Pizza-V
- Margherita Pizza-V
- Italian Sausage Sub
- Deli Bar
- Salad Bar

**FRIDAY**

- Meat Lasagna
- Southwest Grilled Chicken
- Grilled Cheese-V
- Mediterranean Quinoa Burger-VGN
- Skin-On Shoestring Fries-VGN
- Bacon Pizza
- Cheese Pizza-V
- Pasta Bar
- Stir-Fry Bar
- Salad Bar

**SATURDAY**

- Scrambled Eggs - V
- Hard Boiled Eggs - V
- Waffles-V
- Grilled Ham
- Home Fries-VGN

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**FRIDAY**

- Roast Beef au Jus
- BBQ Chicken Breast
- Tempeh with Roasted Vegetables-VGN
- Smashed Potatoes-V
- Corn-VGN
- Fire Braised Chicken Breast
- Grilled Cheese-V
- 10 Veggies Veggie Burger-VGN
- Skin-On Shoestring Fries-VGN
- Bacon Pizza
- Cheese Pizza-V
- Pasta Bar
- Stir-Fry Bar
- Salad Bar

**SATURDAY**

- Montreal Chicken
- Roast Pork Loin
- Pork Gravy
- Stuffed Shells-V
- Baked Potato-VGN
- Zucchini & Summer Squash Sauté-VGN
- Ham Burgers
- Grilled Cheese-V
- Southwest Black Bean & Sweet Potato Burger-VGN
- Krinkle Kuit Fries-VGN
- Cheese Pizza-V
- Sausage Pizza
- Pasta Bar
- Stir-Fry Bar
- Salad Bar

**SUNDAY**

- Meat Lasagna
- Southwest Grilled Chicken
- Grilled Cheese-V
- Mediterranean Quinoa Burger-VGN
- Skin-On Shoestring Fries-VGN
- Bacon Pizza
- Cheese Pizza-V
- Pasta Bar
- Stir-Fry Bar
- Salad Bar

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**FRIDAY**

- Roast Turkey
- Turkey Gravy
- Lemon Pepper Perch-S>
- Vegetable Couscous-VGN
- Garlic Smashed Potatoes-V
- Broccoli & Cauliflower-VGN
- Hot Dogs
- Grilled Cheese-V
- Southwest Black Bean & Sweet Potato Burger-VGN
- Krinkle Kuit Fries-VGN
- Cheese Pizza-V
- Sausage Pizza
- Pasta Bar
- Stir-Fry Bar
- Salad Bar

**SATURDAY**

- Citrus Glazed Chicken Breast
- St. Louis BBQ Ribs
- Authentic Cajun Red Beans and Rice-VGN
- Smashed Potatoes-V
- Parilled Baby Carrots-VGN
- Hamburgers
- Grilled Cheese-V
- Mediterranean Quinoa Burger-VGN
- Skin-On Shoestring Fries-VGN
- Bacon Pizza
- Cheese Pizza-V
- Pasta Bar
- Stir-Fry Bar
- Salad Bar

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**SATURDAY**

- Boneless Teriyaki Pork Chops
- Breaded Baked Hamloch-S>
- Vegetarian Baked Whole Grain Rotini-V
- Oven Browned Potatoes-VGN
- Green Peas-VGN
- Hot Dogs
- Grilled Cheese-V
- Roasted Beet and Kale Burger-VGN
- Krinkle Kuit Fries-VGN
- Pepperoni Pizza
- Cheese Pizza-V
- Pasta Bar
- Stir-Fry Bar
- Salad Bar