**Wells Central – Week of November 12th, 2017**

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

**DAILY:** Breakfast – Omelet Bar, Waffle Bar, Scrambled Eggs. Eggs Cooked to Order, Hard Boiled Eggs, Fruit and Yogurt Bar; Lunch- Deli Bar

Lunch & Dinner – Cheese Pizza-V, Organic Brown Rice-VGN

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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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<td><strong>BREAKFAST</strong></td>
<td><strong>BRUNCH</strong></td>
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<td><strong>THANKSGIVING</strong></td>
<td><strong>SATURDAY</strong></td>
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<tr>
<td>Sausage, Egg and Cheese Biscuit</td>
<td>Buffalo Chicken Soup</td>
<td>Black Bean Soup-VGN♥</td>
<td>Maple Glazed Ham</td>
<td>Black Bean Dip with Tortilla Chips-VGN♥</td>
<td>Maple Glazed Ham with Horseradish Mustard Sauce</td>
<td><strong>GRILLED CHICKEN WITH HOLLYWOOD SALSA</strong></td>
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<tr>
<td>Egg and Cheese Biscuit</td>
<td>Cream of Tomato Soup-V♥</td>
<td>Chicken Noodle Soup</td>
<td>Wing Night Chicken Wings</td>
<td>Cucumber and Summer Squash Sauté-VGN♥</td>
<td>Broiled Grilled Chicken Breast</td>
<td>Grilled Chicken with Sister’s Salsa</td>
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<td>Chicken Sausage Patties♥</td>
<td>Vegetable Sauté with Tofu-VGN♥</td>
<td>Vegetable Sauté with Tofu-VGN♥</td>
<td>Crudité and Dips-V♥</td>
<td>Cumin Stewed Pork with Ginger</td>
<td><strong>STEAK AND SAMOA SALSA</strong></td>
<td>Grilled Chicken with Pineapple Salsa and Corn <strong>STIR FRY BAR</strong></td>
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<td>Skin-On Browns-VGN</td>
<td>Tortellini Pomodoro-V</td>
<td>Chef’s Choice Local Vegetable-VGN</td>
<td>BBQ Roasted Turkey Breast</td>
<td>Carrot Sauce</td>
<td><strong>STEAK AND SHISH KABOB</strong></td>
<td>Stir Fry Bar</td>
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<td>Organic Steel Cut Oats-VGN♥</td>
<td>Roasted Delicata Squash-VGN♥</td>
<td>Roasted Beef &amp; Kale Burger-VGN♥</td>
<td>Jazzman Jambalaya-VGN♥</td>
<td><strong>ZUCCHINI AND SUMMER SQUASH</strong></td>
<td>Fire Braised Chicken Breast♥</td>
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<td>Sausage Patties♥</td>
<td>10 Veggies Veggie Burger-VGN♥</td>
<td>Spicy Cross Trax Fries-VGN Hamburger</td>
<td>Local Corn on the Cob-VGN♥</td>
<td>Mediterranean Quinoa Burger-VGN♥</td>
<td><strong>ROASTED BEEF AND KALE BURGER</strong></td>
<td>Sausage Pizza</td>
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<td>Spicy Cross Trax Fries-VGN Hamburger</td>
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<td>Marinated Georgian Beef Tips</td>
<td>Spicy Cross Trax Fries-VGN Hamburger</td>
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<td>Pepporoni Pizza</td>
<td>Pasta Bar</td>
<td>Pasta Bar</td>
<td>Veggie Supreme Pizza-V</td>
<td>Pepporoni Pizza</td>
<td><strong>STIR FRY BAR</strong></td>
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<td>Roasted Garlic and Spinach Pizza-V</td>
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<td>Sausage, Egg and Cheese Biscuit</td>
<td>Audi Grilled Potatoes-VGN♥</td>
<td>Zucchini and Summer Squash</td>
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<td>Egg and Cheese Biscuit-V♥</td>
<td>Green Peas-VGN♥</td>
<td>Cumin Stewed Pork with Ginger</td>
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<td><strong>STIR FRY BAR</strong></td>
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<td>Canadian Bacon</td>
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<td>Carrot Sauce</td>
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<td>Potato Puffs-VGN</td>
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**MONDAY:**
- Sausage, Egg and Cheese Biscuit
- Egg and Cheese Biscuit-V♥
- Chicken Sausage Patties♥
- Skin-On Browns-VGN
- Organic Steel Cut Oats-VGN♥

**TUESDAY:**
- Sausage, Egg and Cheese Croissant
- Egg and Cheese Croissant-V♥
- Canadian Bacon
- Potato Puffs-VGN
- Organic Steel Cut Oats-VGN♥

**WEDNESDAY:**
- Bacon, Egg and Cheese English Muffin
- Egg and Cheese English Muffin-V♥
- Home Fries-VGN
- Ancient Grains Hot Cereal-VGN♥

**THURSDAY:**
- Ham, Egg and Cheese Bagel
- Egg and Cheese Bagel-V♥
- Grilled Ham
- Hash Browns-VGN
- Organic Steel Cut Oats-VGN♥

**FRIDAY:**
- Sausage, Egg and Cheese Biscuit
- Egg and Cheese Biscuit-V♥
- Sausage Patties♥
- Skin-On Browns-VGN
- Organic Steel Cut Oats-VGN♥

**SATURDAY:**
- Sausage Links
- Whole Grain Waffle Sticks-V♥
- Potato Oats-VGN
- Pancake Bar

**DINER:**
- **CARIBBEAN JERK CHICKEN**
- **Baked Potato-VGN♥**
- **Broccoli Florets-VGN♥**
- **Thai Beef Spicy Soup**
- **Sautéed Spinach with Garlic-VGN♥**
- **Roasted Beef and Kale Burger-VGN♥**
- **Spicy Cross Trax Fries-VGN Hamburger**
- **Fire Braised Chicken Breast♥**
- **Sausage Pizza**
- **Pulled Pork Sandwiches**

**THANKSGIVING:**
- **TRADITIONAL STUFFED TURKEY WITH MASHED POTATOES AND GRAPES**
- **MASHED POTATOES WITH CHEDDAR AND SOUR CREAM**
- **STUFFED MUSHROOMS WITH BEEF AND CHEESE**
- **BROCCOLI AND CHEESE RICE**
- **Cranberry Sauce**
- **SWEET POTATO PIE**
- **PIE**: **CHEESE PIE**
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**Cycles Week 3**