## Wells Central – Week of January 28th, 2018

V=Vegetarian (no meat products); VGN=Vegan (no egg, dairy, or meat products)  
<<S>> Fish/Shelffish allergy alert;  
<<-N>> Nut/Peanut allergy alert

### DAILY:
- Breakfast: Scrambled Eggs, Fruit and Yogurt Bar, Waffle Bar, Omelet Bar; Lunch & Dinner – Cheese Pizza, Organic Brown Rice, Salad Bar, Fruit & Yogurt Bar

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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<th>SATURDAY</th>
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| **BREAKFAST** | Ham, Egg and Cheese Croissant  
Egg and Cheese Croissant  
Grilled Ham  
Eggs Cooked to Order  
Hard Boiled Eggs-V  
Potato Ovals- VGN  
Organic Steel Cut Oats- VGN  
| **BRUNCH** | Canadian Bacon  
Sausage, Egg and Cheese  
Breakfast Burrito  
Skin-On Browns- VGN  
French Toast Sticks-V  
| **LUNCH** | Loaded Baked Potato Soup  
Cream of Tomato Soup- V  
Frito Pie  
Spanish Rice-VGN  
Corn-VGN  
Pierogies with Peppers and Onions- V  
Sliced Carrots- VGN  
Farm Style Maine Potato-VGN  
Hamburgers  
Fire Braised Chicken Breast  
Southwest Black Bean & Sweet Potato Burger-VGN  
Sausage Pizza  
Meatball Sub  
Deli Bar  | Quinoa & Sweet Potato Chili  
with Black Beans- ♥  
Chicken Tortilla Soup  
Sausage Bar with Toppings  
Tuscan Bread and Rice-VGN  
Garlic Vegetable Sauté- VGN  
Farm Style Maine Potato-VGN  
Ultimate Chicken Club Sandwich  
Hamburgers  
Fire Braised Chicken Breast  
10 Veggies Veggie Burger-VGN  
Baked Cheese Ravioli-V  
BBQ Pulled Pork Flatbread  
Pepperoni Pizza  
Deli Bar  | Tomato Soup with Garden Vegetables- VGN  
Bacon Corn Chowder  
Carne Asada Street Tacos  
Tofu Chorizo Street Tacos  
Garlic Broccoli Linguine-VGN  
Harvard Beets- VGN  
Farm Style Maine Potato-VGN  
Hamburgers  
Fire Braised Chicken Breast  
Chicken Parmesan Sub  
Mediterranean Quinoa Burger-VGN  
Baked Cheese Ravioli-V  
BBQ Pulled Pork Flatbread  
Pepperoni Pizza  
Deli Bar  | Maine Potato and Leek Soup-VGN  
Thai Chicken Soup with Red Curry  
<<BeeF S>  
Garlic Bread-V  
Triple Grilled Cheese Sandwich-V  
Caramelized Onion & Bleu Cheese Smashed Potatoes-VGN  
Fried Rice with Edamame-VGN  
Snow Peas-VGN  
Farm Style Maine Potato-VGN  
Grilled Cheese on Texas Toast-V  
Fire Braised Chicken Breast  
Southwest Black Bean & Sweet Potato Burger-VGN  
Margherita Flatbread-V  
Pepperoni Pizza  
Buffalo Chicken Macaroni and Cheese  
Deli Bar  | Lentil Soup- VGN  
Italian Wedding Soup  
The Pine State Panini  
Honey Mustard Tempeh with Broccoli- VGN  
Sautéed Kale- VGN  
Onion Rings-V  
Hamburgers  
Fire Braised Chicken Breast  
10 Veggies Veggie Burger-VGN  
Sicilian Flatbread Pizza-V  
BBQ Pulled Pork Sandwich  
on Broche Bun  
Sausage Pizza  
Deli Bar  | Black Bean Soup-VGN  
<<Seafood Chowder- S  
Popcorn Chicken  
Chicken Gravy  
Corn- VGN  
Macaroni and Cheese with Whole Grain Pasta-V  
Vegetable Sauté-VGN  
Farm Style Maine Potato-VGN  
Hamburgers  
Fire Braised Chicken Breast  
Mediterranean Quinoa Burger-VGN  
Phillie Cheese Steak Sub  
Sausage Pizza  
Deli Bar  |

| **DINNER** | <<Native Mussels Simmered with Sambuca Sauce-S>>  
Savory Baked Chicken♥  
Wild Rice Stuffed Peppers-V  
Organic Smashed Potatoes-V  
Broccoli Florets-VGN  
Farm Style Maine Potato-VGN  
Hamburgers  
Fire Braised Chicken Breast♥  
10 Veggies Veggie Burger-VGN  
Roasted Garlic and Spinach Pizza- V  
Pepperoni Pizza  
Pasta Bar  
Stir-Fry Bar  | Wells Wing Night  
3 Types of Wings  
Potato Skin with Toppings  
Sage Butter Roasted Turkey  
Vegetable Pot Pie-V  
Parsley Potatoes-VGN  
Roasted Brussels Sprouts- VGN  
Grilled Steak  
Roasted Beet & Kale Burger-VGN  
Farm Style Maine Potato-VGN  
Hamburgers  
Fire Braised Chicken Breast♥  
Southwest Black Bean & Sweet Potato Burger-VGN  
Margherita Pizza-V  
Pepperoni Pizza  
Pasta Bar  
Stir-Fry Bar  | Moroccan BBQ Chicken  
Roast Pork au Poivre  
Jazzman Jambalaya- VGN  
Buttermilk Smashed Potatoes- V  
Glazed Carrots- VGN  
Farm Style Maine Potato-VGN  
Hamburgers  
Fire Braised Chicken Breast♥  
Korean BBQ Beef  
General Tao’s Chicken  
Sesame Sefian-VGN  
Basmati Rice-VGN  
Green Peas-VGN  
Onion Rings-V  
Hamburgers  
Fire Braised Chicken Breast♥  
10 Veggies Veggie Burger-VGN  
Meet Lover’s Pizza  
Sausage Pizza  
Pasta Bar  
Stir-Fry Bar  | Korean BBQ Beef  
General Tao’s Chicken  
Sesame Sefian-VGN  
Basmati Rice-VGN  
Green Peas-VGN  
Onion Rings-V  
Hamburgers  
Fire Braised Chicken Breast♥  
10 Veggies Veggie Burger-VGN  
Meet Lover’s Pizza  
Sausage Pizza  
Pasta Bar  
Stir-Fry Bar  | Roast Beef au Jus♥  
Tofu-Stuffed Portobella Mushroom Caps- VGN  
Baby Baked Potatoes-V  
Glazed Turnips- VGN  
Farm Style Maine Potato-VGN  
Hamburgers  
Fire Braised Chicken Breast♥  
Mediterranean Quinoa Burger-VGN  
Sausage Pizza  
Pasta Bar  
Stir-Fry Bar  | Roast Beef au Jus♥  
Tofu-Stuffed Portobella Mushroom Caps- VGN  
Baby Baked Potatoes-V  
Glazed Turnips- VGN  
Farm Style Maine Potato-VGN  
Hamburgers  
Fire Braised Chicken Breast♥  
Mediterranean Quinoa Burger-VGN  
Sausage Pizza  
Pasta Bar  
Stir-Fry Bar  |

<<Potato Crusted Haddock-S>>  
Cranberry Mustard Pork Loin  
Authentic Cajun Red Beans and Rice-VGN  
Whole Green Beans-VGN  
Farm Style Maine Potato-VGN  
Hamburgers  
Fire Braised Chicken Breast♥  
Southwest Black Bean & Sweet Potato Burger-VGN♥  
Sausage Pizza  
Pasta Bar  
Stir-Fry Bar  | <<Baked Salmon-S>>  
Chicken with Sun-Dried Tomato Cream Sauce  
Tempete with Hot Chili Garlic Sauce-VGN  
Vegetable Orzo-VGN  
Zucchini and Summer Squash-VGN  
Steak Fries- VGN  
Farm Style Maine Potato-VGN  
Hamburgers  
Fire Braised Chicken Breast♥  
10 Veggies Veggie Burger-VGN  
Meet Lover’s Pizza  
Sausage Pizza  
Pasta Bar  
Stir-Fry Bar  | Cycle Week 2 |