## Wells Central – Week of February 4th, 2018

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

### Daily Menu

**BREAKFAST**

<table>
<thead>
<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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<tbody>
<tr>
<td>Caribbean Jerk Chicken</td>
<td>Chicken Sausage, Egg</td>
<td>Canadian Bacon, Egg</td>
<td>Bacon, Egg and Cheese</td>
<td>Ham, Egg and Cheese</td>
<td>Sausage, Egg and Cheese</td>
<td>Tomatoes with Garden</td>
</tr>
<tr>
<td>Soup</td>
<td>and Cheese</td>
<td>and Cheese English</td>
<td>Croissant</td>
<td>Bagel</td>
<td>Biscuit</td>
<td>Vegetables - VGN</td>
</tr>
<tr>
<td>Cream of Tomato Soup</td>
<td>Chicken Sausage Patties</td>
<td>Muffin</td>
<td>Eggned and Cheese</td>
<td>Egg and Cheese Bagel</td>
<td>Egg and Cheese Biscuit</td>
<td>&lt;&lt;Fish Chowder- S&gt;&gt;</td>
</tr>
<tr>
<td>V GTN</td>
<td>Eggs Cooked to Order</td>
<td>Buffalo Cauliflower</td>
<td>Croissant</td>
<td>Grilled Ham</td>
<td>Patties</td>
<td>&lt;&lt;Cod Nuggets- S&gt;&gt;</td>
</tr>
<tr>
<td>Antipasto Squares</td>
<td>Hard Boiled Eggs-V</td>
<td>Organic Steel Cut Oats-VGN</td>
<td>Eggs Cooked to Order</td>
<td>Hard Boiled Eggs-V</td>
<td>Hard Boiled Eggs-V</td>
<td>Sausage Links</td>
</tr>
<tr>
<td>Buffalo Chicken</td>
<td>Skin On Browns- VGN</td>
<td>10 Veggies Veggie Burger</td>
<td>Bacon</td>
<td>Hash Browns- VGN</td>
<td>Skin On Browns- VGN</td>
<td>French Toast Sticks-V</td>
</tr>
<tr>
<td>BBQ Chicken Wings</td>
<td>Organic Steel Cut Oats-VGM</td>
<td>10 Veggies Veggie Burger</td>
<td>Grilled Beef and Brie</td>
<td>Organic Steel Cut Oats-VGM</td>
<td>Organic Steel Cut Oats-VGM</td>
<td>Potato Ovals- VGN</td>
</tr>
<tr>
<td>BBQ Cauliflower &quot;Wings&quot;</td>
<td>10 Veggies Veggie BurgerVGM</td>
<td>Pulled Pork Flatbread</td>
<td>Grilled Cheese on Texas</td>
<td>Mediterranean Quinoa</td>
<td>Mediterranean Quinoa</td>
<td>Whole Grain Waffle Sticks-V</td>
</tr>
<tr>
<td>VGTN</td>
<td>Pepperoni Pizza</td>
<td>Fire Braised Chicken</td>
<td>Breast</td>
<td>Burger-VGN</td>
<td>Burger-VGN</td>
<td></td>
</tr>
<tr>
<td>Potato Skins</td>
<td>Tortellini Pomodoro-V</td>
<td>Fire Braised Chicken</td>
<td>Mediterranean Quinoa</td>
<td>Pepperoni Pizza</td>
<td>Sausage Pizza</td>
<td></td>
</tr>
<tr>
<td>Local Corn on the Cob</td>
<td>Deli Bar</td>
<td>Breast</td>
<td>Burger-VGN</td>
<td>Pepperoni Pizza</td>
<td>Philly Cheese Sub</td>
<td></td>
</tr>
<tr>
<td>VGTN</td>
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<td>Deli Bar</td>
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<tr>
<td>Add potato skins</td>
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### Lunch Menu

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<tr>
<th>Sunday</th>
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<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Minestrone Soup-VGN</td>
<td>White Bean and Escarole</td>
<td>Greek Chicken and Orzo</td>
<td>Buffalo Chicken Soup</td>
<td>Tomato Soup with Garden</td>
<td>Tomato Soup with Garden</td>
<td></td>
</tr>
<tr>
<td>Chicken and Dumplings</td>
<td>Chili Corn Carne</td>
<td>Soup</td>
<td>Vegetable Tortellini Soup-V</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sausage Bar with Toppings</td>
<td>Tequila Lime Chicken</td>
<td>Cheese Sandwich</td>
<td>VGN</td>
<td>Vegetables - VGN</td>
<td>Vegetables - VGN</td>
<td></td>
</tr>
<tr>
<td>Spinach Ricotta Pie- V</td>
<td>Street Tacos</td>
<td>French Onion Soup-V</td>
<td>Asian Shrimp Rice Bowls</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sliced Carrots- VGN</td>
<td>Tofu Chorizo Street Taco</td>
<td>Tortellini Broccoli Alfredo-</td>
<td>Sautéed Beans- VGN</td>
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</tr>
<tr>
<td>Spicy Cross Trax Fried-V</td>
<td>Vegetable Lo Mein- V</td>
<td>French Cut Green Beans-VGN</td>
<td>VGN</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>VGN</td>
<td>Sugar Snap Peas- VGN</td>
<td>Spicy Cross Trax Fries-V</td>
<td>VGN</td>
<td>VGN</td>
<td>VGN</td>
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</tr>
<tr>
<td>Swiss Fondue Burger on</td>
<td>Hamburgers</td>
<td>Grilled Cheese on Texas</td>
<td>VGN</td>
<td>VGN</td>
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<tr>
<td>Brochê</td>
<td>Fire Braised Chicken</td>
<td>Breast</td>
<td>VGN</td>
<td>VGN</td>
<td>VGN</td>
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</tr>
<tr>
<td>Tomato Soup</td>
<td>10 Veggies Veggie Burger</td>
<td>Mediterranean Quinoa</td>
<td>Roasted Beef &amp; Kale</td>
<td>Smoked Chicken Flatbread</td>
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<tr>
<td>VGTN</td>
<td>Burger-VGN</td>
<td>Burger-VGN</td>
<td>Burger-VGN</td>
<td>Pizza</td>
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<tr>
<td>Pulled Pork Flatbread</td>
<td>VGN</td>
<td>Mediterranean Quinoa</td>
<td>Southwest Black Bean &amp;</td>
<td>Greek Macaroni and</td>
<td></td>
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</tr>
<tr>
<td>Pepperoni Pizza</td>
<td>VGN</td>
<td>Burger-VGN</td>
<td>Sweet Potato Burger-VGN</td>
<td>Cheese with Whole Grain</td>
<td></td>
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<tr>
<td>Tortellini Pomodoro-V</td>
<td>VGN</td>
<td>VGN</td>
<td>VGN</td>
<td>Pasta-V Deli Bar</td>
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<td>Deli Bar</td>
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### Dine In Menu

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<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Thai Basil Chicken</td>
<td>Wells Wing Night</td>
<td>Greek Beef Stuffed</td>
<td>Spiced Pork with Bourbon</td>
<td>&lt;&lt;Honey Wasabi Salmon-</td>
<td></td>
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<tr>
<td>Herb Roasted Turkey</td>
<td>3 Types of Wings</td>
<td>Mediterranean Chicken</td>
<td>Sauce</td>
<td>S&gt;&gt;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast</td>
<td>Potato Skinn</td>
<td>Spinach and Feta Stuffed</td>
<td>Montreal Chicken</td>
<td>Korean Braised Short Ribs</td>
<td></td>
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</tr>
<tr>
<td>Turkey Cravy</td>
<td>Carrot and Turnip- VGN</td>
<td>Portabella Mushroom-V</td>
<td>Creamy Sriracha Pasta</td>
<td>&lt;&lt;Hoisin-Glazed Temphe</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread Stuffing- V</td>
<td>Spicy Cross Trax Fries-</td>
<td>Greek Style Roasted</td>
<td>Bake-V</td>
<td>w/ Green Beans &amp;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organic Smashed</td>
<td>VGN</td>
<td>Potatoes-VGN</td>
<td>Long Grain Wild Rice-</td>
<td>Cashews- VGN-</td>
<td></td>
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</tr>
<tr>
<td>Potatoes- V</td>
<td>VGN</td>
<td>Summer Squash-VGN</td>
<td>VGN</td>
<td>&lt;&lt;Vegan Smashed Potatoes-</td>
<td></td>
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</tr>
<tr>
<td>Carrot and Turnip- VGN</td>
<td>VGN</td>
<td>Spicy Cross Trax Fries-V</td>
<td>VGN</td>
<td>VGN</td>
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<tr>
<td>VGN</td>
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<td>Hamburgers</td>
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<td>Hamburgers</td>
<td>VGN</td>
<td>Fire Braised Chicken</td>
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<tr>
<td>Fire Braised Chicken</td>
<td>VGN</td>
<td>Mediterranean Quinoa</td>
<td>Southwestern Black Bean &amp;</td>
<td>Sausage Links</td>
<td></td>
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</tr>
<tr>
<td>Breast</td>
<td>VGN</td>
<td>Burger-VGN</td>
<td>Sweet Potato Burger-VGN</td>
<td>French Toast Sticks-V</td>
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<tr>
<td>10 Veggies Veggie BurgerVGM</td>
<td>VGN</td>
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<tr>
<td>Vilt Garlic and Spinach</td>
<td>VGN</td>
<td>Vegetable Couscous-VGM</td>
<td>Mediterranean Quinoa</td>
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<tr>
<td>Pizza-V</td>
<td>VGN</td>
<td>Grilled Steak</td>
<td>Burger-VGN</td>
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<td></td>
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<tr>
<td>Pepperoni Pizza</td>
<td>VGN</td>
<td>Bacon Pizza</td>
<td>Meat Lover’s Pizza</td>
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<td></td>
</tr>
<tr>
<td>Pasta Bar</td>
<td>VGN</td>
<td>Hawaiian Pizza</td>
<td>Spaghetti Pasta</td>
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<tr>
<td>Stir-Fry Bar</td>
<td>VGN</td>
<td>Pasta Bar</td>
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<td>Stir-Fry Bar</td>
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<td>VGN</td>
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<td>Stir-Fry Bar</td>
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*Cycle Week 3*