## Wells Central – Week of February 25th, 2018

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

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

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>BRUNCH</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>BRUNCH</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>LUNCH</strong></td>
</tr>
</tbody>
</table>
| Chicken Sausage, Egg and Cheese Biscuit | Sausage Patties  
Sausage, Egg and Cheese Breakfast Burrito  
Hash Browns- VGN  
French Toast Sticks-V | Minestron Soup-VGN  
Chicken and Dumplings  
Sausage Bar with Toppings  
Spinach Ricotta Pie- V  
Sliced Carrots- VGN  
Spicy Cross Trax Fries-VGN  
Hamburgers  
Fire Braised Chicken Breast  
Southwest Black Bean & SWEET POTATO BURGER-VGN  
Meatball Sub  
Sausage Pizza  
Deli Bar | White Bean and Escarole Soup-VGN  
Chill Con Carne♥  
Tequila Lime Chicken Street Tacos  
Tofu Chorizo Street Taco  
Vegetable Lo Mein- V  
Sugar Snap Peas- VGN♥  
Spicy Cross Trax Fries-VGN  
Hamburgers  
Fire Braised Chicken Breast  
10 Veggies Veggie Burger-VGN♥  
Pulled Pork Flatbread  
Pepperoni Pizza  
Tortellini Pomodoro-V Deli Bar | Greek Chicken and Orzo Soup  
Winter Squash Soup-V  
Roast Beef and Brie Grilled Cheese Sandwich  
French Onion Soup-VGN  
Tortellini Broccoli Alfredo- V  
French Cut Green Beans-VGN♥  
Spicy Cross Trax Fries-VGN♥  
Grilled Cheese on Texas Toast  
Fire Braised Chicken Breast♥  
Mediterranean Quinoa Burger-VGN♥  
Buffalo Chicken Pizza  
Pepperoni Pizza  
Stuffed Shells Marinara-V  
Deli Bar | Buffalo Chicken Soup  
Vegetable Tortellini Soup-V  
Broccoli and Sour Cream Enchiladas- V  
Spanish Rice- VGN♥  
Santa Fe Corn- VGN♥  
Grilled Zucchini and Summer Squash Panini-V  
Onion Rings-R  
Hamburgers  
Fire Braised Chicken Breast♥  
Southwest Black Bean & Sweet Potato Burger-VGN♥  
Greek Flatbread Pizza-V  
Sausage Pizza  
Philly Cheese Steak Sub  
Deli Bar | Tomato Soup with Garden Vegetables- VGN♥  
<<Fish Chowder- S>>♥  
Asian Shrimp Rice Bowls  
Shells and Cheese- V  
Sauced Kale- VGN♥  
Spicy Cross Trax Fries-VGN  
Hamburgers  
Fire Braised Chicken Breast♥  
Roasted Beet & Kale Burger-VGN♥  
Sausage Pizza  
Pulled Pork Sandwich  
Deli Bar |
| **DINNER** | **BRUNCH** | **LUNCH** | **BRUNCH** | **LUNCH** | **LUNCH** | **LUNCH** |
| Thai Basil Chicken♥  
Herb Roasted Turkey Breast♥  
Turkey Gravy  
Mozzarella Cheese and Kelp Sautéed in White Wine Butter Sauce- VGN♥  
Grilled BBQ Tuscan Steak-V  
Roasted Garlic and Spinach Pizza-V♥  
Pepperoni Pizza  
Pasta Bar  
Stir-Fry Bar | Chicken Marsala♥  
<<italian Meatloaf-S>>♥  
Spinach Pesto Quinoa-V♥  
Roasted Red Potato-VGN♥  
Broccoli Florets- VGN♥  
Spicy Cross Trax Fries-VGN  
Hamburgers  
Fire Braised Chicken Breast♥  
Southwest Black Bean & SWEET POTATO BURGER-VGN♥  
Sausage Pizza  
Stir-Fry Bar | Wells Wing Night  
3 Types of Wings  
Potato Skin Toppings  
Caterpillar and Carrots Stick-Soup-VGN♥  
Corn on the Cob- VGN♥  
<<Native American and Kelp Sautéed in White Wine Butter Sauce- VGN♥  
Grilled BBQ Tuscan Steak-V  
Roasted Garlic and Spinach Pizza-V♥  
Pepperoni Pizza  
Pasta Bar  
Stir-Fry Bar | Greek Beef Sfocado  
Mediterranean Chicken  
Spinach and Feta Stuffed Portobella Mushroom- VGN♥  
Greek Style Roasted Potatoes-VGN♥  
Summer Squash-VGN♥  
Spicy Cross Trax Fries-VGN  
Hamburgers  
Fire Braised Chicken Breast♥  
Mediterranean Quinoa Burger-VGN♥  
Vegetable Supreme Pizza-V♥  
Pepperoni Pizza  
Pasta Bar  
Stir-Fry Bar | Spiced Pork with Bourbon Sauce  
Montreal Chicken  
Creamy Sriracha Pasta Bake-V  
Long Grain Wild Rice-VGN♥  
Broccoli Florets-VGN♥  
Onion Rings-V  
Hamburgers  
Fire Braised Chicken Breast♥  
Southwest Black Bean & Sweet Potato Burger-VGN♥  
Meat Lover’s Pizza  
Bacon Pizza  
Pasta Bar  
Stir-Fry Bar | Korean Braised Short Ribs♥  
<<Hoisin-Glazed Tempeh w/ Green Beans & Cashews- VGN- N>>♥  
Vegan Smashed Potatoes-VGN♥  
Snow Peas- VGN♥  
Spicy Cross Trax Fries- VGN  
Hamburgers  
Fire Braised Chicken Breast♥  
10 Veggies Veggie Burger-VGN♥  
Pulled Pork Sandwich  
Stir-Fry Bar |

- **Cycle Week 3**