



MANOR
COLLEGE
YOU BELONG HERE

Special Menu for Week of January 29 to February 2
Manor College services are proudly managed by CulinArt Group
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MAKE THE CHOICE THAT'S RIGHT FOR YOU.



VEGETARIAN



VEGAN



PLANT-CENTRIC

LUNCH	MONDAY	TUESDAY	WELLNESS	THURSDAY	FRIDAY
Wakin' Up	Broccoli & Cheddar Omelet 	Oreo Pancakes 	Sausage, Pepper, Bean Burrito	Cinnamon Caramel Apple Pancakes w/ Turkey Sausage	Bacon, Egg & Cheese Biscuit
KETTLE SOUPS	Cream of Spinach Soup 	Potato and Ham Chowder	Creamy Chicken Rice	Carrot Ginger 	Cream of Potato
CHEF'S TABLE LUNCH	Nacho Bar Pulled Chicken Pulled Steak	Empanadas Chicken Asada Beef Spinach	Empanadas Chicken Asada Beef Spinach	Empanadas Chicken Asada Beef Spinach	Baked Potato Bar Beef Chili Vegan Beef Chili
ON THE SIDE	Salsa Verde Jalapenos Cheddar Cheese Sour Cream	Red Rice Black Beans Chipotle Slaw Salsa Verde Pico de Gallo	Red Rice Black Beans Chipotle Slaw Salsa Verde Pico de Gallo	Red Rice Black Beans Chipotle Slaw Salsa Verde Pico de Gallo	Bacon Bits Cheddar Cheese Green Onions Diced Tomatoes Sour Cream
CRAFT DELI	Turkey Cobb on Croissant	Veggie Tuna Panini	Garden Veggie Sandwich 	Roasted Eggplant Wrap 	Buffalo Chicken Sandwich
CITY GRILL	Steak Fries with Chipotle Aioli	Chicken Parm Crunch Wrap	Crispy Chicken Wrap with Pineapple Slaw	Kicken' Fried Chicken	Nashville Hot Chicken 'Wich
RICE BOWL	Jasmine Rice w/ Chicken or Chickpeas Choice of Topping	Jasmine Rice w/ Chicken or Chickpeas Choice of Topping	Jasmine Rice w/ Chicken or Chickpeas Choice of Topping	Jasmine Rice w/ Chicken or Chickpeas Choice of Topping	Jasmine Rice w/ Chicken or Chickpeas Choice of Topping
CHEF'S TABLE DINNER	Turkey Meatloaf Broccoli & Cheddar Mac & Cheese 	Spaghetti w/ Beet Meatballs	Bourbon Glazed Salmon Roasted Eggplant 	Sweet & Sour Chicken Chicken	Honey Glazed Spiced Ham
ON THE SIDE	Balsamic Roasted Beets 	Garlic Breadsticks 	Roasted Asparagus Basmati Rice 	Mixed Vegetables Jasmine Rice 	Green Bean Casserole Fingerling Potatoes
SWEET SHOPPE	Assorted Cookies Rice Krispy Treat 	Assorted Cookies Rice Krispy Treat 	Assorted Cookies Rice Krispy Treat 	Assorted Cookies Rice Krispy Treat 	Assorted Cookies Rice Krispy Treat

ALWAYS AVAILABLE FOR LUNCH & DINNER

Salad Bar featuring Local Produce, Proteins, Made to Order Salads, and Seasonal Whole Fresh Fruit



Cycle Menu
MENU SUBJECT TO CHANGE
*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your chance for foodborne illness