

MAKE THE CHOICE THAT'S RIGHT FOR YOU.

## Week 2 Menu of January 20th to January 24th

Manor College services are proudly managed by CulinArt Group Food Service Director: Timothy Free

Email: tfree@culinartinc.com | Instagram: CulinartGroup



EW EAT WELL GF GLUTEN FREE V VEGETARIAN VG VEGAN

LUNCH	MONDAY 2.17	TUESDAY 2.18	WEDNESDAY 2.19	THURSDAY 2.20	FRIDAY 2.21
Breakfast Special	Cheesesteak Omelet, Hash Brown and Toast	Three Cheese English Muffin and Bacon Sandwich w/ Hashbrown	Waffle French Toast	National Muffin Day Chocolate Chip Belgian Waffles with Chocolate Syrup and Whip Cream	National Pancake Day Three Cinnamon Roll Pancakes w. Bacon and Eggs
CHEF'S TABLE LUNCH	Wing Dings General Tso's Chicken	National Crab Stuffed Flounder Day  Crab Stuffed Flounder  Pasta Carbonara	Black History Month Menu Southern Fried Catfish Mac and Cheese	Beef Empanada Chicken Empanada	Chef's Choice
ON THE SIDE	White Rice VG Vegetable Potstickers or Spring Rolls Vegetable Saute VG	Scalloped Potatoes  V  Zucchini Saute	Sweet Potatoes V Fried Cabbage V Cornbread V	Fried Plantains  Fajita Style Peppers and Onions  Rice and Black Beans	Chef's Choice
Soup Du Jour	Chicken and Rice Soup	Curry Rice and Lentil	Jerk Chicken Soup	Crab and Sweet Corn Chowder Soup	Chef's Choice
DELI SPECIAL Salad / Sandwich	Eggplant Parmesan on Brioche Bun	Vegan Chicken Pasta Primavera ©	Crispy Chicken Sandwich w/ Chipotle Mayo on Brioche / BBQ Chips	Pico Di Gallo	Pancake Monte Cristo
SWEET SHOPPE	Lemon Iced Pound Cake	Strawberry Infused  Jello	Peach Cobbler	National Cherry Pie  Day  Cherry Pie	National Sticky Bun Day Sticky Buns
CHEF'S TABLE DINNER	Smothered Turkey Breast	Lemon Pepper Cod	Turkey Meatloaf	Fajita Style Chicken Thighs	Chef's Choice
ON THE SIDE	Stuffing  Mashed Potatoes w/ Gravy  Creamed Corn	Breadsticks V  Mixed Veggies ©	Cornbread V  Mashed Potatoes V  Sauteed Spinach V	Buttery Biscuits  Roasted Red Bliss  Potatoes  Mixed Vegetable  Medley	Chefs Choice

## **ALWAYS AVAILABLE FOR LUNCH & DINNER**

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



Cycle Menu