

CHAMPLIN WEEKLY MENU

Week of January 19-25

- **Chicken Sandwich, Hamburgers & Cheeseburgers: Everyday
- **Pasta served with 3 Sauces at Pizza Station every Lunch & Dinner except special Pasta Wednesdays
- **Macaroni & Cheese Everyday (Next to French Fries)
- * Visit our NEW Healthy Choice Station Monday-Friday, Located to the Left of the Pizza Station

~ Menu subject to change due to availability ~

MONDAY – 1/19 OMELETS TO ORDER French Waffles	SOUP: Beef Noodle Soup ENTRÉE: Pan Roasted Sausage with Onions & Peppers STARCH & VEGETABLE: Parsley Buttered Potatoes / Sauteed Zucchini w/Tomatoes & Garlic in Olive Oil SALAD: Macaroni Salad COOK’S CORNER: Omelet Extension ALLERGEN: Sausage & Peppers on GF Roll, Sauce & Mozzarella, Parsley Buttered Potatoes & Sauteed Zucchini w/Tomatoes & Garlic in Olive Oil HEALTHY CHOICE: Mediterranean Chickpea Salad Lettuce Cups PIZZA: Buffalo Chicken Pizza DESSERT: Rice Krispies Treats	SOUP: Beef Noodle Soup ENTRÉE: Blackened Chicken Topped w/Pepperjack Cheese STARCH & VEGETABLE: Fire Roasted Sweet Potatoes / Monte Carlo Blend Veggies SALAD: Macaroni Salad COOK’S CORNER: Cuban Sandwich ALLERGEN: GF Blackened Chicken, Fire Roasted Sweet Potatoes & Monte Carlo Blend Veggies HEALTHY CHOICE: Mediterranean Chickpea Salad Lettuce Cups PIZZA: Buffalo Chicken Pizza DESSERT: Chocolate Layer Cake
TUESDAY – 1/20 OMELETS TO ORDER Pancakes Du Jour	SOUP: Ham & Bean Soup & Tomato Basil Soup ENTRÉE: Sweet & Spicy Asian Garlic Chicken STARCH & VEGETABLE: White Rice / Bok Choy, Peppers, Onions, Baby Corn & Garlic Oil SALAD: Broccoli Bacon Salad COOK’S CORNER: Corned Beef Ruben or Turkey Rachel DELI: BURRITO BAR! ALLERGEN: GF Sweet & Spicy Asian Garlic Chicken, White Rice, Bok Choy, Peppers, Onions, Baby Corn & Garlic Oil HEALTHY CHOICE: Grilled Chicken PIZZA: Four Cheese Pizza DESSERT: Caramel Toffee Cookies	SOUP: Ham & Bean Soup & Tomato Basil Soup ENTRÉE: Italian Breaded Chicken Breast over Broccoli Cheddar Sauce STARCH & VEGETABLE: Rotini Pasta / Sauteed Spinach SALAD: Broccoli Bacon Salad COOK’S CORNER: Corned Beef Ruben or Turkey Rachel DELI: BURRITO BAR! ALLERGEN: GF Breaded Chicken over GF Broccoli Cheddar Sauce, GF Rotini Pasta & Sauteed Spinach HEALTHY CHOICE: Grilled Chicken PIZZA: Four Cheese Pizza DESSERT: Hot Apple Crisp
WEDNESDAY – 1/21 OMELETS TO ORDER Sausage Gravy & Biscuits	SOUP: Mexican Chicken Tortilla Soup ENTRÉE (11:00am-2:00pm): Asian BBQ Pork (GF) STARCH & VEGETABLE: Jasmine Rice / Steamed Broccoli SALAD: Mexican Chopped Salad COOK’S CORNER (11:00am-3:00pm): Pasta Action w/ choice of Chicken, Shrimp, Sausage, Veggies & Sauces ALLERGEN (11:00am-2:00pm): GF Asian BBQ Pork, Jasmine Rice & Steamed Broccoli HEALTHY CHOICE: Celery Ribs Filled w/Peanut Butter PIZZA (11:00am-3:00pm): Garlic Knots / Stuffed Shells DESSERT: White Chip Macadamia	SOUP: Mexican Chicken Tortilla Soup ENTRÉE: Carved Roasted London Broil w/Beef Gravy (GF) STARCH & VEGETABLE: Roasted Potatoes / California Blend Veggies SALAD: Mexican Chopped Salad COOK’S CORNER: ALLERGEN: Carved Roasted London Broil w/GF Beef Gravy, Toasted Potatoes & California Blend Veggies HEALTHY CHOICE: Celery Ribs Filled w/Peanut Butter PIZZA: Garlic Knots / Stuffed Shells DESSERT: Cookies & Cream Pie
THURSDAY – 1/22 OMELETS TO ORDER Apple Oat Strudel Puffs	SOUP: Turkey Vegetable Soup & Homemade Cream of Mushroom Soup ENTRÉE: Chicken Parmesan STARCH & VEGETABLE: Garlic Breadsticks / Roasted Asparagus SALAD: Deviled Eggs COOK’S CORNER: BURRITO BAR! ALLERGEN: GF Chicken Parmesan, GF Pasta w/Marinara Sauce & Roasted Asparagus HEALTHY CHOICE: Cheese & Crackers w/Grapes PIZZA: Supreme Pizza w/Veggies, Meat & Cheese DESSERT: Sweet Return Pop-Up w/David’s Assorted Desserts	SOUP: Turkey Vegetable Soup & Homemade Cream of Mushroom Soup ENTRÉE: Fried Chicken Bowl STARCH & VEGETABLE: Mashed Potatoes / Corn SALAD: Deviled Eggs COOK’S CORNER: BURRITO BAR! ALLERGEN: GF Chicken Bowl, Mashed Potatoes w/GF Chicken Gravy & Corn HEALTHY CHOICE: Cheese & Crackers w/Grapes PIZZA: Supreme Pizza w/Veggies, Meat & Cheese DESSERT: Fruit Crepe Bar
FRIDAY – 1/23 OMELETS TO ORDER Egg & Cheese on a Kaiser Roll	SOUP: Chicken Noodle Soup ENTRÉE: Baked Cod w/Garlic Parmesan Crust STARCH & VEGETABLE: Rice Pilaf / Green Beans COOK’S CORNER: Roasted or Fried Chicken Wrap DELI: BURRITO BAR! ALLERGEN: GF Breaded Chicken Wrap w/Lettuce, Tomato and BBQ, Buffalo, or Honey Mustard Sauce HEALTHY CHOICE: Trail Mix w/Nuts, Dry Fruit & Greek Yogurt PIZZA: Meat Lovers Pizza DESSERT: M&M Cookies	SOUP: Chicken Noodle Soup ENTRÉE: Sliced Roast Beef w/Beef Jus STARCH & VEGETABLE: Roasted Potatoes / Chateau Blend Veggies COOK’S CORNER: Roasted or Fried Chicken Wrap DELI: BURRITO BAR! ALLERGEN: Sliced Roast Beef w/GF Beef Jus, Roasted Potatoes & Chateau Blend Veggies HEALTHY CHOICE: Trail Mix w/Nuts, Dry Fruit & Greek Yogurt PIZZA: Meat Lovers Pizza DESSERT: Red Velvet Cake
SATURDAY – 1/24 Continental Breakfast Omelets (CTO) 9:30am-11:00am	SOUP: Soup Du Jour ENTRÉE: Breakfast Potatoes, Bacon, Sausage & Scrambled Eggs (9:30-2:00) Egg & Cheese on an English Muffin (11:00-2:00) COOK’S CORNER: Omelets HOT CERAL BAR: Oatmeal / Cream of Wheat with dried cherries, raisins, maple syrup, choc chips, spiced apples, coconut cinnamon, brown sugar ALLERGEN: GF Sandwich Bar w/ Choice of Ham, Roast Beef, Turkey, Swiss, Cheddar, American or Provolone on GF Bread PIZZA: Assorted Pizza DESSERT: Assorted Pastries, Muffins & Donuts	SOUP: Soup Du Jour ENTRÉE: Chicken Souvlaki STARCH & VEGETABLE: Confetti Cous Cous / Sauteed Yellow Squash, Peppers, Carrots, Onion & Garlic COOK’S CORNER: Closed ALLERGEN: Chicken Souvlaki on GF Flat Bread, White Rice & Sauteed Yellow Squash, Peppers, Carrots, Onion & Garlic PIZZA: Assorted Pizza DESSERT: Ice Cream Novelties
SUNDAY – 1/25 Continental Breakfast Omelets (CTO) 9:30am-11:00am	SOUP: Soup Du Jour ENTRÉE: Breakfast Potatoes, Bacon, Sausage & Scrambled Eggs (9:30-2:00) French Toast (11:00-2:00) COOK’S CORNER: Omelets HOT CERAL BAR: Oatmeal / Cream of Wheat with dried cherries, raisins, maple syrup, choc chips, spiced apples, coconut cinnamon, brown sugar ALLERGEN: GF Sandwich Bar w/ Choice of Ham, Roast Beef, Turkey, Swiss, Cheddar, American or Provolone on GF Bread PIZZA: Assorted Pizzas DESSERT: Assorted Pastries, Muffins & Donuts	SOUP: Soup Du Jour ENTRÉE: Teriyaki Beef STARCH & VEGETABLE: Hoisin Noodles / Garlic & Ginger Stir Fried Zucchini & Broccoli w/Onions COOK’S CORNER: Closed ALLERGEN: GF Teriyaki Beef, White Rice, Garlic & Ginger Stir Fried Zucchini & Broccoli w/Onions PIZZA: Assorted Pizza DESSERT: Ice Cream Novelties

Monday - Friday: Breakfast 7am – 10:30am Lunch 11am -4pm Dinner 4:30pm – 7pm
Saturday - Sunday: Breakfast 9:30am – 10:30am Lunch 11am -3:30pm Dinner 4:00pm – 6pm

BREAKFAST Available Daily: Bacon, Turkey Bacon, Sausage, Fruit/Yogurt, Cereals/Hot & Cold, MYO Waffles & Pancakes, Breakfast Potatoes, Bagels/Pastries
LUNCH Available Daily: Hamburgers Cheeseburgers, Chicken Sandwich, Fries, Onion Rings, Mac & Cheese, Pizza, MYO Waffles & Pancakes, CTO, Hot Bar, Deli, Salad Bar, & Ice Cream
DINNER Available Daily: Hamburgers Cheeseburgers, Chicken Sandwich, Fries, Onion Rings Pizza, CTO, Hot Bar, Deli, Salad Bar, & Ice Cream