

# 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

### 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

~ Menu subject to change due to availability ~

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