



ARCG MENU

2021 Standard Menu Week - Winter



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast 8:00 - 9:00 am <small>served with a seasonal selection of Fruit, Yogurt, Oatmeal and Cold Cereals, breakfast breads and hard boiled eggs (if no eggs on menu)</small>	French Toast Sausage Maple Syrup	New York Bagels with Cream Cheese Scrambled Eggs & Bacon Danishes	Pancakes Sausage Links Maple Syrup	Scrambled eggs Sausage Home Style Potato Cubes	Chicken and Waffles Maple Syrup	Scrambled Eggs Home Style Potato Cubes Sausage Patties	Biscuits & Sausage Gravy Scrambled Eggs
	Gluten Free option includes : Gluten Free French Toast	Gluten Free option includes : GF Toast and Fruit	Gluten Free option includes : Gluten Free Pancake	Gluten Free option includes : Meal is GF	Gluten Free option includes : Gluten Free Waffles	Gluten Free option includes : Meal is GF	Gluten Free option includes : GF Toast, Eggs and Sausage
	Vegetarian option includes : vegan breakfast sausage	Vegetarian option includes : vegan breakfast sausage	Vegetarian option includes : vegan breakfast sausage	Vegetarian option includes : with Vegan Sausage	Vegetarian option includes : Vegan Chicken	Vegetarian option includes : Vegan Breakfast Sausage	Vegetarian option includes : vegan breakfast sausage
	Vegan French Toast, Vegan Sausage	Vegan Scramble, Vegan Sausage	Vegan Pancake, Vegan Sausage	Vegan Scramble, Vegan sausage	Vegan Waffles, Vegan Chicken	Vegan Scramble, Vegan Breakfast Sausage	Vegan Biscuit, Scramble and Vegan Breakfast Sausage
Lunch 12:30 - 1:30 pm <small>served with a seasonal selection of Fruit, Full Salad Bar, Soup of the Day and assorted breads</small>	Mushroom Chicken Stuffing Vegetables	Meatball Sub French Fries	Beef Taquitos Sour Cream and Salsa Refried Beans Vegetables	Cheese Pizza Pepperoni Pizza	Hamburgers Potato Chips	Chicken Tenders French Fries	Coq Au Vin Rice Vegetables
	Gluten Free option includes : Meal is GF without Stuffing	Gluten Free option includes : GF Hot Dog and Bun	Gluten Free option includes : Meal is GF	Gluten Free option includes : GF pizza	Gluten Free option includes : GF Burger and Bun	Gluten Free option includes : Chicken and Fries	Gluten Free option includes : Roasted Chicken
	Vegetarian option includes : Vegan Chicken	Vegetarian option includes : Vegan Hot Dog & French Fries	Vegetarian option includes : Cheese Quesadilla	Vegetarian option includes : Cheese Pizza	Vegetarian option includes : Vegan Burger	Vegetarian option includes : Vegan Chicken Tenders	Vegetarian option includes : Stuffed Bell Peppers
	Vegan Chicken	Vegan Hot Dog and French Fries	Vegan Quesadilla	Vegan Pizza	Vegan Burger	Vegan Chicken Tenders	Stuffed Bell Peppers
Dinner 6:00 - 7:00 pm <small>served with a seasonal selection of Fruit, Full Salad Bar, Soup of the Day, assorted breads and Dessert</small>	Salmon w/teriyaki glaze Rice Vegetables	Baked Penne Pasta Garlic Bread Vegetables	Oven Fried Chicken Mashed Potatoes Vegetables	Macaroni & Cheese Sliced Smoked Ham Vegetables	Roasted Chicken Scaloped Potatoes Vegetables	Chicken Alfredo Vegetables	Sliced Roast Beef w/Gravy Mashed Potatoes Vegetables
	Gluten Free option includes : Meal is GF without sauce	Gluten Free option includes : GF Pasta with Meat Sauce	Gluten Free option includes : Meal is GF	Gluten Free option includes : GF Mac and Cheese	Gluten Free option includes : Meal is GF	Gluten Free option includes : GF Pasta with Marinara	Gluten Free option includes : Meal is GF without gravy
	Vegetarian option includes : Vegan Chicken Breast w/ teriyaki glaze	Vegetarian option includes : Baked Penne Pasta with Marinara Sauce	Vegetarian option includes : Vegan Chicken Breast	Vegetarian option includes : Vegan Creamy Mac & Cheese	Vegetarian option includes : Vegan Grilled Tofu Scaloped Potatoes	Vegetarian option includes : Vegetarian Alfredo	Vegetarian option includes : Vegan Penne Pasta
	Vegan Chicken Breast	Vegan Baked Penne Pasta with Marinara	Vegan Chicken Breast	Vegan Creamy Mac and Cheese and Veggies	Vegan Grilled Tofu	Vegan Alfredo	Vegan Penne Pasta with Marinara
			RED - Gluten Free option	BLUE - Vegetarian Option	GREEN - Vegan Option		

Note: This menu is subject to change without notice.