

ARCG MENU

2022 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	Chili Dogs or Corn Dogs Potato Chips	Chicken Tenders French Fries	Hamburgers Potato Chips 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 Hot Dog and Bun	Gluten Free option includes : Chicken and Fries	Gluten Free option includes : GF Burger
	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 Hot Dog	Vegetarian option includes : Vegan Chicken Tenders	Vegetarian option includes : Vegetarian Hamburger
	Vegan Chicken	Vegan Hot Dog and French Fries	Vegan Quesadilla	Vegan Pizza	Vegan Hot Dog	Vegan Chicken Tenders	Vegan Hamburger
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>	Lasagne w/Garlic Bread Vegetables	Baked Penne Pasta Garlic Bread Vegetables	Bar B Que Chicken Mashed Potatoes Vegetables	Macaroni & Cheese Sliced Smoked Ham Vegetables	Roasted Chicken Scalloped 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 : Vegetable Lasagne	Vegetarian option includes : Baked Penne Pasta with Marinara Sauce	Vegetarian option includes : Vegan B-Que Chicken Breast	Vegetarian option includes : Vegan Creamy Mac & Cheese	Vegetarian option includes : Vegan Grilled Tofu Scalloped Potatoes	Vegetarian option includes : Vegetarian Alfredo	Vegetarian option includes : Vegan Penne Pasta
	Vegan Pasta	Vegan Baked Penne Pasta with Marinara	Vegan B-Que Chicken Breast	Vegan Creamy Mac and Cheese and Veggies	Vegan Grilled Tofu	Vegan Alfredo	Vegan Penne Pasta with Marinara
Note: This menu is subject to change without notice.			YELLOW = Gluten Free option	ORANGE = Vegetarian Option	GREEN = Vegan Option		