



# ARCG MENU

2023 Standard Menu Week - Spring/Summer



|  | Sun   | Mon   | Tue   | Wed  | Thu   | Fri  | Sat  |
|--|---|---|---|--|---|--|--|
| <b>Breakfast</b><br>8:00 - 9:00 am<br><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<br>Sausage<br>Maple Syrup                              | New York Bagels<br>with Cream Cheese<br>Scrambled Eggs & Bacon<br>Danishes      | Pancakes<br>Sausage Links<br>Maple Syrup                          | Scrambled eggs<br>Sausage<br>Home Style Potato Cubes             | Chicken and Waffles<br>Maple Syrup  | Scrambled Eggs<br>Home Style Potato Cubes<br>Sausage Patties   | Biscuits & Sausage Gravy<br>Scrambled Eggs                         |
|  | <b>Gluten Free option includes :</b><br>Gluten Free French Toast    | <b>Gluten Free option includes :</b><br>GF Toast and Fruit                      | <b>Gluten Free option includes :</b><br>Gluten Free Pancake       | <b>Gluten Free option includes :</b><br>Meal is GF               | <b>Gluten Free option includes :</b><br>Gluten Free Waffles                     | <b>Gluten Free option includes :</b><br>Meal is GF             | <b>Gluten Free option includes :</b><br>GF Toast, Eggs and Sausage |
|  | <b>Vegetarian option includes :</b><br>vegan breakfast sausage      | <b>Vegetarian option includes :</b><br>vegan breakfast sausage                  | <b>Vegetarian option includes :</b><br>vegan breakfast sausage    | <b>Vegetarian option includes :</b><br>with Vegan Sausage        | <b>Vegetarian option includes :</b><br>Vegan Chicken                            | <b>Vegetarian option includes :</b><br>Vegan Breakfast Sausage | <b>Vegetarian option includes :</b><br>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                |
| <b>Lunch</b><br>12:30 - 1:30 pm<br><small>served with a seasonal selection of Fruit, Full Salad Bar, Soup of the Day and assorted breads</small>   | Spicy Chicken Fried Steak<br>Onion Rings<br>Vegetables              | Meatball Sub<br>French Fries  | Beef Taquitos<br>Chimichangas<br>Refried Beans<br>Vegetables      | Cheese Pizza<br>Pepperoni Pizza                                  | Chili Dogs or Corn Dogs<br>Potato Chips   | Chicken Tenders<br>French Fries                                | Hamburgers<br>Potato Chips<br>Vegetables                           |
|  | <b>Gluten Free option includes :</b><br>Meal is GF without Stuffing | <b>Gluten Free option includes :</b><br>GF Hot Dog and Bun                      | <b>Gluten Free option includes :</b><br>Meal is GF                | <b>Gluten Free option includes :</b><br>GF pizza                 | <b>Gluten Free option includes :</b><br>GF Hot Dog and Bun                      | <b>Gluten Free option includes :</b><br>Chicken and Fries      | <b>Gluten Free option includes :</b><br>GF Burger                  |
|  | <b>Vegetarian option includes :</b><br>Vegan Chicken                | <b>Vegetarian option includes :</b><br>Vegan Hot Dog & French Fries             | <b>Vegetarian option includes :</b><br>Cheese Quesadilla          | <b>Vegetarian option includes :</b><br>Cheese Pizza              | <b>Vegetarian option includes :</b><br>Vegan Hot Dog                            | <b>Vegetarian option includes :</b><br>Vegan Chicken Tenders   | <b>Vegetarian option includes :</b><br>Vegetarian Hamburger        |
|  | Vegan Chicken   | Vegan Hot Dog and French Fries  | Vegan Quesadilla  | Vegan Pizza  | Vegan Hot Dog   | Vegan Chicken Tenders  | Vegan Hamburger  |
| <b>Dinner</b><br>6:00 - 7:00 pm<br><small>served with a seasonal selection of Fruit, Full Salad Bar, Soup of the Day, assorted breads and Dessert</small>                                    | Lasagne<br>w/Garlic Bread<br>Vegetables                             | Meatloaf<br>Garlic Bread<br>Vegetables  | Bar B Que Chicken<br>Mashed Potatoes<br>Vegetables                | Macaroni & Cheese<br>Sliced Smoked Ham<br>Vegetables             | Roasted Chicken<br>Scalloped Potatoes<br>Vegetables                             | Chicken Alfredo<br>Vegetables                                  | Sliced Roast Beef<br>w/Gravy<br>Mashed Potatoes<br>Vegetables      |
|  | <b>Gluten Free option includes :</b><br>Meal is GF without sauce    | <b>Gluten Free option includes :</b><br>GF Pasta with Meat Sauce                | <b>Gluten Free option includes :</b><br>Meal is GF                | <b>Gluten Free option includes :</b><br>GF Mac and Cheese        | <b>Gluten Free option includes :</b><br>Meal is GF                              | <b>Gluten Free option includes :</b><br>GF Pasta with Marinara | <b>Gluten Free option includes :</b><br>Meal is GF without gravy   |
|  | <b>Vegetarian option includes :</b><br>Vegetable Lasagne            | <b>Vegetarian option includes :</b><br>Baked Penne Pasta<br>with Marinara Sauce | <b>Vegetarian option includes :</b><br>Vegan B-Que Chicken Breast | <b>Vegetarian option includes :</b><br>Vegan Creamy Mac & Cheese | <b>Vegetarian option includes :</b><br>Vegan Grilled Tofu<br>Scalloped Potatoes | <b>Vegetarian option includes :</b><br>Vegetarian Alfredo      | <b>Vegetarian option includes :</b><br>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.

RED - Gluten Free option

BLUE - Vegetarian Option

GREEN - Vegan Option