

# CHAMPLIN WEEKLY MENU

**Week of Sept 16 - 22**

**\*\*Chicken Sandwich: Every Day**

**\*\*Hamburger & Cheeseburger: Every Day**

**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, 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

## BREAKFAST

## LUNCH

## DINNER

<p><b>MONDAY – 9/16</b> <b>OMELETS TO ORDER</b> Egg &amp; Cheese on a Croissant</p>	<p><b>SOUP:</b> Turkey Rice Soup <b>ENTRÉE:</b> Grilled Pork Chops w/ Dijon Herb Marinade <b>STARCH &amp; VEGETABLE:</b> Sweet Potato Wedges / Roasted Brussel Sprouts <b>COOK'S CORNER:</b> Build Your Own Burger!! <b>ALLERGEN:</b> GF Grilled Pork Chops w/ Dijon Marinade, Sweet Potato Fries, Roasted Brussel Sprouts <b>PIZZA:</b> BBQ Chicken Pizza <b>DESSERT:</b> Mint Chip Cupcakes</p>	<p><b>SOUP:</b> Turkey Rice Soup <b>ENTRÉE:</b> Beef Eye Round Roast with Beef Gravy (GF) <b>STARCH &amp; VEGETABLE:</b> AU Gratin Potatoes (GF) / Grilled Vegetable Blend <b>COOK'S CORNER:</b> Build Your Own Burger!! <b>ALLERGEN:</b> Beef Eye Round Roast w/ GF Beef gravy, GF Au Gratin Potatoes, Grilled Veggies <b>PIZZA:</b> BBQ Chicken Pizza <b>DESSERT:</b> Salted Caramel Trifle</p>
<p><b>TUESDAY – 9/17</b> <b>OMELETS TO ORDER</b> Birds Nest</p>	<p><b>SOUP:</b> Loaded Potato Soup <b>ENTRÉE:</b> Orange Chicken <b>STARCH &amp; VEGETABLE:</b> Jasmine Rice / Bermuda Blend Veggies <b>COOK'S CORNER:</b> Pho Noodle Bowl with toppings <b>DELI:</b> Burrito Bar <b>ALLERGEN:</b> GF Orange Chicken w/GF Fritters over Jasmine Rice, Bermuda Blend Veggies <b>PIZZA:</b> Broccoli White Pizza <b>DESSERT:</b> Cranberry White chip Cookies</p>	<p><b>SOUP:</b> Loaded Potato Soup <b>ENTRÉE:</b> Seared Salmon with Wasabi Ponzu Sauce <b>STARCH &amp; VEGETABLE:</b> Confetti Cous Cous / Broccoli &amp; Yellow Squash w/ginger butter <b>COOK'S CORNER:</b> Pho Noodle Ball with toppings <b>DELI:</b> Burrito Bar <b>ALLERGEN:</b> GF BBQ Chicken, Baby Baked Potatoes, Sautéed Yellow Squash &amp; Broccoli <b>PIZZA:</b> Broccoli White Pizza <b>DESSERT:</b> Cookies &amp; Cream Pie</p>
<p><b>WEDNESDAY – 9/18</b> <b>OMELETS TO ORDER</b> Egg &amp; Cheese on a Biscuit</p>	<p><b>SOUP:</b> Pasta Fagiolo Soup <b>ENTRÉE:</b> Pretzel Crusted Chicken with a Dijon glaze <b>STARCH &amp; VEGETABLE:</b> Salt Potatoes / Prince Edward Blend vegetables <b>COOK'S CORNER:</b> Pasta Action with choice of Chicken, Shrimp, Sausage &amp; Veggies <b>ALLERGEN:</b> GF Panko Chicken w/Dijon Glaze, Salt Potatoes, Prince Edward Veggies <b>PIZZA:</b> Cheesy Garlic Bread Sticks &amp; Baked Tortellini <b>DESSERT:</b> Peanut Butter Bars</p>	<p><b>SOUP:</b> Pasta Fagiolo Soup <b>ENTRÉE:</b> Chicken Andouille Sausage Jambalaya <b>STARCH &amp; VEGETABLE:</b> Buttered Corn muffins / Garlic Green Beans <b>COOK'S CORNER:</b> Pasta Action with choice of Chicken, Shrimp, Sausage &amp; Veggies <b>ALLERGEN:</b> GF Chicken Andouille Sausage Jambalaya, Sautéed Asparagus <b>PIZZA:</b> Cheesy Garlic Bread Sticks &amp; Baked Tortellini <b>DESSERT:</b> Fruits of the Forest Pie</p>
<p><b>THURSDAY – 9/19</b> <b>OMELETS TO ORDER</b> Cheese Blintz w/Strawberry Sauce</p>	<p><b>SOUP:</b> Broccoli Cheddar <b>ENTRÉE:</b> Pepper Steak <b>STARCH &amp; VEGETABLE:</b> White Rice / Garden Blend Vegetables <b>COOK'S CORNER:</b> Stir Fry Bar – Assorted fillings <b>DELI:</b> Burrito Bar <b>ALLERGEN:</b> GF Pepper Steak, White Rice, Garden Blend Veggies <b>PIZZA:</b> Chicken Parm Pizza <b>DESSERT:</b> Lemon Blueberry Cookies</p>	<p><b>SOUP:</b> Broccoli Cheddar <b>ENTRÉE:</b> Roasted Sliced Turkey Breast w/Gravy <b>STARCH &amp; VEGETABLE:</b> Mashed Potatoes / Buttered Corn <b>COOK'S CORNER:</b> Stir Fry Bar – Assorted fillings <b>DELI:</b> Burrito Bar <b>ALLERGEN:</b> Roasted Sliced Turkey Breast w/GF Gravy, Mashed Potatoes, Corn <b>PIZZA:</b> Chicken Parm Pizza <b>DESSERT:</b> Cherry Trifle</p>
<p><b>FRIDAY – 9/20</b> <b>OMELETS TO ORDER</b> Egg &amp; Cheese on Bagel</p>	<p><b>SOUP:</b> Tomato Soup <b>ENTRÉE:</b> Fried Seafood Platter w/Popcorn Shrimp, Fried Cod &amp; Fried Clams, w/ Cocktail or Tartar Sauce &amp; Lemon Wedge <b>STARCH &amp; VEGETABLE:</b> Mac &amp; Cheese (GF) / Sautéed Mixed Veggies <b>COOK'S CORNER:</b> Grilled Cheese Bar with choice of toppings <b>DELI:</b> Burrito Bar <b>ALLERGEN:</b> GF Macaroni &amp; Cheese, Steamed Mixed Vegetables <b>PIZZA:</b> French Bread Pizza <b>DESSERT:</b> Double Chocolate Chip Cookies</p>	<p><b>SOUP:</b> Tomato Soup <b>ENTRÉE:</b> Roasted Sliced Pork Loin <b>STARCH &amp; VEGETABLE:</b> Garlic Parm Roasted Potatoes / Glazed Baby Carrots <b>COOK'S CORNER:</b> Grilled Cheese Bar with choice of toppings <b>DELI:</b> Burrito Bar <b>ALLERGEN:</b> Roasted Sliced Pork Loin, Garlic Parm Roasted Potatoes, Glazed Baby Carrots <b>PIZZA:</b> French Bread Pizza <b>DESSERT:</b> Carrot Cake</p>
<p><b>SATURDAY – 9/21</b> <b>Brunch</b> <b>OMELETS TO ORDER</b> Omelets 9:30am-11:00am</p>	<p><b>SOUP:</b> Soup DuJour <b>ENTRÉE:</b> French Toast, Scrambled Eggs, Fries, Bacon &amp; Sausage, Waffles <b>COOK'S CORNER:</b> Omelets / Eggs <b>ALLERGEN:</b> GF Sandwich Bar <b>HOT CEREAL BAR:</b> Oatmeal / Cream of Wheat with dried cherries, raisins, maple syrup, choc chips, spiced apples, coconut, cinnamon, brown sugar <b>PIZZA:</b> Assorted Pizza <b>DESSERT:</b> Assorted Pastries, Cookies, Donuts</p>	<p><b>SOUP:</b> Soup DuJour <b>ENTRÉE:</b> Sliced Sirloin w/Mushroom Gravy <b>STARCH &amp; VEGETABLE:</b> Baked Potatoes w/ Butter &amp; Sour Cream / Sautéed Asparagus <b>ALLERGEN:</b> Sliced Sirloin w/GF Mushroom Gravy, Baked Potatoes w/ Sour Cream &amp; P/C Butter on the side, Garlic Green Beans <b>PIZZA:</b> Assorted Pizza <b>DESSERT:</b> Ice Cream Novelties</p>
<p><b>SUNDAY – 9/22</b> <b>Brunch</b> <b>OMELETS TO ORDER</b> Omelets (CTO) Continental Breakfast</p>	<p><b>SOUP:</b> Soup DuJour <b>ENTRÉE:</b> Bacon, Egg, Potato &amp; Cheddar Cheese Casserole <b>COOK'S CORNER:</b> Omelets / Eggs <b>ALLERGEN:</b> GF Sandwich Bar <b>HOT CEREAL BAR:</b> Oatmeal / Cream of Wheat with dried cherries, raisins, maple syrup, choc chips, spiced apples, coconut, cinnamon, brown sugar <b>PIZZA:</b> Assorted Pizza <b>DESSERT:</b> Assorted Pastries &amp; Donuts</p>	<p><b>SOUP:</b> Soup DuJour <b>ENTRÉE:</b> Chicken Fajita w/ Peppers &amp; Onions, toppings &amp; Tortillas <b>STARCH &amp; VEGETABLE:</b> Red Beans &amp; Rice / Normandy Blend Vegetables <b>ALLERGEN:</b> GF Chicken Fajitas w/ Peppers &amp; Onions, toppings &amp; GF Tortillas, Red Beans &amp; Rice, Normandy Blend Vegetables <b>PIZZA:</b> Assorted Pizza <b>DESSERT:</b> Ice Cream Novelties</p>