

Beta House Menu

Week Ending September 09/01

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast:</u> -Egg Sandwiches/Tacos -Eggs/Bacon/Sausage A la Carte -Fresh Fruit/Oats/Yogurt	<u>Breakfast:</u> -Omelette Station/Potatoes - Egg Sandwiches/Tacos - Plain Pancakes -Fresh Fruit/Oats/Yogurt	<u>Breakfast:</u> - Egg Sandwiches/Tacos - Egg/Sausage/Bacon A la Carte -Fresh Fruit/Oats/Yogurt	<u>Breakfast:</u> -Omelette Station/Potatoes -Egg Sandwiches/Tacos -French Toast Sticks -Fresh Fruit/Oats/Yogurt	<u>Breakfast:</u> - Pancake Friday! Blueberry Pancakes -Egg Sandwiches/Tacos -Egg/Sausage/Bacon A la Carte -Fresh Fruit/Oats/Yogurt
<u>Lunch:</u> -Meatball Sub -House Potato Chips -Grilled Chicken & Rice -Salad Bar/Fruit Bar/PBJ Bar	<u>Lunch:</u> -Greek Gyro Bowl -Vegetables, Pita, Tzatziki, Rice -Salad Bar/Fruit Bar/PBJ Bar	<u>Lunch:</u> -Breakfast Burger -Hashbrowns -Grilled Chicken & Rice -Salad Bar/Fruit Bar/PBJ Bar	<u>Lunch:</u> -3 cheese Ravioli Bowl -Garlic Bread -Grilled Chicken & Rice -Salad Bar/Fruit Bar/PBJ Bar	<u>Lunch:</u> -Panini Station -Assorted Chips -Grilled Chicken & Rice -Salad Bar/Fruit Bar/PBJ Bar
<u>Chapter Dinner:</u> -NY Strip Steak -Au Gratin Potatoes, Grilled Asparagus -NY Cheesecake -Salad Bar/Fruit Bar/PBJ Bar	<u>Dinner:</u> -Grilled Garlic Pork Chops -Roasted Baby Red Potatoes -Grilled Vegetables -Salad Bar/Fruit Bar/PBJ Bar	<u>Dinner:</u> -Picatta Chicken -Basmati Rice -Broccoli -Salad Bar/Fruit Bar/PBJ Bar	<u>Dinner:</u> -Chicken and Waffles -Gravy, Maple Syrup -Salad Bar/Fruit Bar/PBJ Bar	<u>Dinner:</u> -Chicken Quesadilla Late Plates - 20 count -Steak Quesadilla Late Plates -20 count

*Chefs Notes :

-For the Greek Gyro Bowl, have Chicken as the meat, tomatoes, cucumber, and lettuce as the vegetables

-For the Breakfast Burger, have individual Hash Browns to serve

-For the Panini Station, have Turkey and Ham as the meats, Cheddar, Jack, and Provolone as the cheeses, Tomato, Lettuce, and Onion for vegetable toppings, and Whole Wheat, White, and Sourdough for bread