

Beta House Menu

Week Ending 09/08

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! Banana Pancakes -Egg Sandwiches/Tacos -Egg/Sausage/Bacon A la Carte -Fresh Fruit/Oats/Yogurt
<u>Lunch:</u> -Chicken Parm Sandwiches -Tater Tots -(Grilled Chicken & Rice) -Salad Bar/Fruit Bar/PBJ Bar	<u>Lunch:</u> -Grilled Cheese -Tomato Basil Soup -(Grilled Chicken & Rice) -Salad Bar/Fruit Bar/PBJ Bar	<u>Lunch:</u> -Budha Bowls -Salad Bar/Fruit Bar/PBJ Bar	<u>Lunch:</u> -Hawaiian Roll Pulled Pork Sliders -House Chips -(Grilled Chicken & Rice) -Salad Bar/Fruit Bar/PBJ Bar	<u>Lunch:</u> -Chicken Strips with Canes Sauce -Crinkle Fries -(Grilled Chicken & Rice) -Salad Bar/Fruit Bar/PBJ Bar
<u>Chapter Dinner:</u> -Texas BBQ Night -Mashed Potatoes, Green Beans, Bread Rolls -Apple Pie -Salad Bar/Fruit Bar/PBJ Bar	<u>Dinner:</u> -Honey Glazed Salmon -Roasted Sweet Potatoes -Broccoli -Salad Bar/Fruit Bar/PBJ Bar	<u>Dinner:</u> -Spaghetti and Meatballs -Caesar Salad -Garlic Bread -Salad Bar/Fruit Bar/PBJ Bar	<u>Dinner:</u> -Chicken Pot Pie -Biscuits -Salad Bar/Fruit Bar/PBJ Bar	<u>Dinner:</u> -Chicken Quesadilla Late Plates - 20 count -Steak Quesadilla Late Plates -20 count

***Chef Notes:**

-For Texas BBQ Night, have Brisket, Pulled Pork, and Sausage as the meats

-For the Buddha Bowl, Meat is Chicken, Base is black beans and white rice , veggies are corn, tomato, and lettuce, and sauces are: guac, sour cream, and salsa

-For the Pulled Pork Sliders, use just Hawaiian rolls, pulled pork, and BBQ sauce. No Cheese