

Gladfelder Dining Hall	MONDAY 9/9/2019	TUESDAY 9/10/2019	WEDNESDAY 9/11/2019	THURSDAY 9/12/2019	FRIDAY 9/13/2019	SATURDAY 9/14/2019	SUNDAY 9/15/2019
BREAKFAST	Cage Free Scrambled Eggs	Cage Free Scrambled Eggs	Cage Free Scrambled Eggs	Cage Free Scrambled Eggs	Cage Free Scrambled Eggs	Cage Free Scrambled Eggs	Cage Free Scrambled Eggs
	Local Hard Cooked Eggs	Local Hard Cooked Eggs	Local Hard Cooked Eggs	Local Hard Cooked Eggs	Local Hard Cooked Eggs	Local Hard Cooked Eggs	Local Hard Cooked Eggs
	Grits or Oatmeal	Grits or Oatmeal	Grits or Oatmeal	Grits or Oatmeal	Grits or Oatmeal	Grits or Oatmeal	Grits or Oatmeal
	French Toast or Pancakes	French Toast or Pancakes	French Toast or Pancakes	French Toast or Pancakes	French Toast or Pancakes	French Toast or Pancakes	French Toast or Pancakes
	Home Fried Potatoes	Home Fried Potatoes	Home Fried Potatoes	Home Fried Potatoes	Home Fried Potatoes	Home Fried Potatoes	Home Fried Potatoes
	Sausage Patties or Links	Sausage Patties or Links	Sausage Patties or Links	Sausage Patties or Links	Sausage Patties or Links	Sausage Patties or Links	Sausage Patties or Links
LUNCH	Fried Fish Sandwich	Chicken Patty Sandwich	WWC Farm Beef Sloppy Joe Sandwich (L/gf*)	Beef Hog Dogs (gf*)	Crispy Fried Clam Strips	WWC Farm Beef Macaroni & Tomatoes (L)	Sweet & Sour Meatballs
	Black Bean & Rice Burgers (v/gf*)	Grilled Cheese & Tomato Sandwich (veg)	Veggie Quesadilla (veg)	Veggie Dogs (v/gf*)	Veggie Taquitos (veg)	Philly Cheese Steak	White Bean, Tomato & Herb Salad (v/gf)
	French Fries	Fresh Made Potato Chips	French Fries	Tater Tots	French Fries	Teriyaki Tofu, Quinoa & Pineapple (v)	Poutine
	Chipotle Chicken & Sweet Potatoes (gf)	General Tso's Chicken w/ Jasmine Rice (gf)	Slow Roasted Rosemary Chicken & Potatoes (gf)	Pork Fried Rice w/ WWC Garden Hot Peppers (gf/L)	Chicken Fajitas (gf*)		Buttermilk Biscuits
	Vegetable Lo Mein w/ WWC Garden Hot Peppers (v/L)	Pesto, Spinach & Tomato w/ Penne Pasta (veg**CONTAINS PINENUTS**)	Macaroni & Cheese (veg)	Tofu & Veggie Fajita w/ WWC Garden Hot Peppers (v/gf*/L)	Baked Ziti (veg)		
	Kachumbari Salad w/ WWC Garden Hot Peppers (v/gf/L)	Tunisian Vegetable Stew w/ Almonds (v/gf**CONTAINS NUTS**)	Penne alla Carbonara (veg)	Sweet Potato & Black Bean Chili (v/gf)	Korean BBQ Tempeh Taco (v/gf*)		
	Brown Rice & Quinoa Pilaf (v/gf)			Black Bean, Corn & Jicama Salad (veg/gf)	Lemony Chickpea Salad (v/gf)		
DINNER	Grilled Mediterranean Chicken (gf)	Korean Pulled Pork w/ Sweet Potatoes (gf)	Arroz con Pollo (gf)	Fragrant Lemongrass Chicken & Rice (gf)	Beef Pot Roast w/ Roasted Potatoes	Pickle Brined, Buttermilk Fried Chicken Breast	Garlic Orange Chili Shrimp (gf)
	Moroccan Eggplant Tagine (v/gf)	Five Spice Turkey Noodle Salad	Asian Noodle Stir Fry (veg)	Root Vegetable Tagine w/ Onion Couscous (v)	Baked Tilapia (gf)	Roasted Poblano & Kidney Bean Salad (v/gf)	Chipotle Glazed Ham (gf)
	Israeli Couscous (v)	Tofu Vegetable Curry (v/gf)	Egyptian Koshari, Rice & Lentils (v/gf)	Sesame Garlic Stir Fried Vegetables (v/gf)	Steamed Veggies w/ Moroccan Couscous (v)	Tofu Fried Rice (v/gf)	Moroccan Bulgur & Lentil Pilaf (v/gf)
			Wild Rice, Pecan & Wheat Berry Salad (veg**CONTAINS NUTS**)				Saffron Vegetable Valencia (v/gf)

v = vegan / veg = vegetarian / L = Local product/gf = gluten free/gf* = gf w/out bread, bun or pasta