

# FBBC & TS

## *Dining Services*

### MENU KEY

- ◆ Gluten Friendly
- ◆ Can Be Made  
Gluten Friendly  
(If willing to wait)
- ◆ Gluten Present

Assorted Breads and Cereals are available for all served meals as well as a Salad Bar for lunches and dinners.

\*Salad bar always has at least two dressings that are gluten-free.

All menus are subject to change!

**PLEASE NOTE:** While we make every effort to prevent cross-contact by potential allergens through the provision of specific serving utensils, we cannot guarantee any item to be completely allergen-free. The term gluten-free in this pamphlet refers to items that are purchased as such from our suppliers and sealed until opened by the consumer. You should not assume any item produced in our facility is completely free of gluten.



# MENU

		BREAKFAST	LUNCH	DINNER	
SUNDAY	April 28	Fruit & Crème Coffeecake, <b>Pork Sausage Link</b> , Baked Oatmeal w/ Blueberries, <b>Egg &amp; Sausage Sandwich</b> , Chocolate Malt-O-Meal, Mango Overnight Oats, <b>Yogurt/Granola/Fruit</b> , Belgian Waffles	Sriracha Chicken Bites, <b>Grilled Steak Ends</b> , Southwest Egg Roll, Scalloped Potatoes, <b>Baked French Fries</b> , <b>Roasted Broccoli w/ Parmesan</b> , <b>Corn</b> , Belgian Waffles	<b>No Meal Served</b>	
MONDAY	April 29	Iced Cake Donuts, Breakfast Burrito, French Toast Sticks, <b>Scrambled Eggs w/ Sausage</b> , <b>Maple-Pecan Oatmeal</b> , Banana Overnight Oats, <b>Yogurt/Granola/Fruit</b> , Belgian Waffles	Chicken Strips, Tater Tot Casserole, <b>Beef Chili</b> , Corn Bread, <b>Roast Potato Medley</b> , <b>Winter Blend Vegetables</b> , <b>Roasted Root Vegetables w/ Kale</b> , <b>Canadian Bacon Pizza</b> , Belgian Waffles	Vegetable Lasagna, <b>Grilled Cheese Sandwich</b> , Meatballs & Spaghetti, Hot Chips, <b>Sweetlings</b> , <b>Green Beans</b> , <b>Baby Carrots</b> , <b>Canadian Bacon Pizza</b> , Belgian Waffles	
TUESDAY	April 30	Assorted Turnovers, <b>Turkey Sausage Patty</b> , Blueberry Brunch Puff, Breakfast Wrap, <b>Cheese Grits</b> , Raspberry Overnight Oats, <b>Yogurt/Granola/Fruit</b> , Belgian Waffles	<b>Breakfast @ Lunch</b> <b>Pepperoni Pizza</b> , Belgian Waffles	<b>Hummus w/ Pita Chips</b> , <b>Beef Fajitas w/ Corn Tortilla</b> , Fried Chicken, Stuffing, <b>Oven Roasted Redskin Potatoes</b> , <b>Green Peas</b> , <b>Steamed Cauliflower</b> , <b>Pepperoni Pizza</b> , Belgian Waffles	
WEDNESDAY	May 1	Chocolate Croissants, <b>Pork Sausage Patty</b> , <b>Grilled Hash Browned Potatoes</b> , <b>Egg &amp; Canadian Bacon Sandwich</b> , Maypo, Strawberry Overnight Oats, <b>Yogurt/Granola/Fruit</b> , Belgian Waffles	Chicken Strips, Pasta Carbonara, <b>Glazed Salmon Fillet</b> , Spudsters, <b>Garlic Mashed Potatoes</b> , <b>Peas &amp; Carrots</b> , <b>Baked Beans</b> , Taco Pizza, Belgian Waffles	<b>Cashew Chicken w/ Rice Noodles</b> , Gyros, Clam Strips, <b>Potato Chips</b> , Quinoa & Vegetable Thai Blend, <b>Mixed Vegetables</b> , Taco, Pizza, Belgian Waffles	
THURSDAY	May 2	<b>Assorted Muffins</b> , Bacon Quiche, <b>Oven Roasted Redskin Potatoes</b> , <b>Scrambled Eggs w/ Cheese</b> , Hot Grape Nuts, Strawberry/Banana Overnight Oats, <b>Yogurt/Granola/Fruit</b> , Belgian Waffles	<b>Chicken &amp; Cheese Quesadilla</b> , Lemon Pepper Pollock, Veal Parmesan, <b>Jasmine Rice</b> , <b>Baked French Fries</b> , <b>Ratatouille</b> , <b>Sugar Snap Peas</b> , <b>Cheese Pizza</b> , Belgian Waffles	<b>Roast Eye of Round</b> , Chicken Tetterazini, Fried Fillet of Flounder, Risotto, <b>"Dirty" Spuds</b> , Beef Gravy, <b>Asparagus Spears</b> , <b>Key Largo Blend Vegetables</b> , <b>Cheese Pizza</b> , Belgian Waffles	
FRIDAY	May 3	Iced Cinnamon Rolls, <b>Grilled Sausage Coins</b> , Crème Brulee French Toast, <b>Fried Eggs</b> , Peaches & Crème Oatmeal, Blackberry Overnight Oats, <b>Yogurt/Granola/Fruit</b> , Belgian Waffles	<b>Baked Chicken Breast</b> , Cass Lake Ziti, Meatloaf w/ BBQ Glaze, Onion Rings, <b>Mashed Potatoes</b> , Chicken Gravy, <b>Steamed Broccoli</b> , <b>Roasted Corn &amp; Peppers</b> , Ham & Pineapple Pizza, Belgian Waffles	<b>Lentil Penne w/ Beef &amp; Sundried Tomato</b> , Reuben Sandwich, <b>Smoked Pork "Brisket"</b> , <b>American Fries</b> , <b>Baked Yellow Fingerling Potatoes</b> , <b>Wax Beans</b> , <b>California Blend Vegetables</b> , Ham & Pineapple Pizza, Belgian Waffles	
SATURDAY	May 4	<b>BRUNCH:</b> Orange Chicken, Pork Egg Roll, <b>Steamed Rice</b> , <b>Bacon</b> , Apple-Filled Pancakes, <b>Denver Scrambled Eggs</b> , Assorted Puff Pastries, Peach Overnight Oats, Belgian Waffles		Chicken Strips, Pepperoni Cavatelli, <b>BBQ St. Louis Ribs</b> , Macaroni & Cheese, <b>Roast Potato Medley</b> , <b>Ginger Carrots</b> , <b>Green Beans</b> , Belgian Waffles	
EXTRAS		<b>Weekly Bar: TBD</b>	<b>Dessert:</b> Softserve, Fresh Fruit, and other assorted goodies served daily.		

# MENU

		BREAKFAST	LUNCH	DINNER	
SUNDAY	May 5	Glazed Apple Fritters, Breakfast Boat, <b>Seasoned Potato Circles</b> , <b>Fried Eggs</b> , Oatmeal w/ Toppings, Melba Overnight Oats, <b>Yogurt/Granola/Fruit</b> , Belgian Waffles	Chicken Kiev, <b>Glazed Salmon</b> , <b>Grilled Ham Steak</b> , <b>Steamed Rice</b> , <b>Mashed Potatoes</b> , Ham Gravy, <b>Spring Blend Vegetables</b> , <b>Roasted Fuji Apple Slices</b> , Belgian Waffles	<b>No Meal Served</b>	
MONDAY	May 6	Assorted Scones, <b>Turkey Sausage Link</b> , <b>Breakfast Pizza (3)</b> , <b>Scrambled Eggs w/ Ham &amp; Cheese</b> , Malt-O-Meal, Blackberry Overnight Oats, <b>Yogurt/Granola/Fruit</b> , Belgian Waffles	<b>Baked Cod Fillet</b> , Carmelized Chicken Legs, <b>Korean Beef Bowl</b> , Rice Pilaf, <b>Grilled Diced Redskin Potatoes</b> , Orzo Blend Grain & Vegetables, <b>Green Beans Almandine</b> , Carmelized Onion Pizza, Belgian Waffles	<b>Smoked Beef Brisket</b> , Potato Crusted Alaska Cod Bite, Chicken Patty Parmesan, <b>Baked Tater Barrels</b> , Pickle Fries, Squash Casserole, <b>Steamed Broccoli</b> , Carmelized Onion Pizza, Belgian Waffles	
TUESDAY	May 7	Ham & Cheese Croissant, <b>Turkey Bacon</b> , Sausage Gravy, Biscuits, <b>Cheese Omelet</b> , Hot Grape Nuts, Double Berry Overnight Oats, <b>Yogurt/Granola/Fruit</b> , Belgian Waffles	<b>Baked Chicken Breast</b> , Pierogi Casserole w/ Kielbasa, Beef Burrito w/ Chili & Cheese, <b>Roasted Baby Bakers</b> , <b>Rice/Beans/Salsa</b> , <b>Country Corn</b> , <b>California Blend Vegetables</b> , <b>Italian Sausage Pizza</b> , Belgian Waffles	Mac & Jack w/ Chicken, <b>Beef Pot Roast</b> , <b>Roast Turkey</b> , Tiny Whole Fried Potatoes, <b>Mashed Sweet Potatoes w/ Marshmallow</b> , <b>Nantucket Blend Vegetables</b> , Brussels Sprouts Au Gratin, <b>Italian Sausage Pizza</b> , Belgian Waffles	
WEDNESDAY	May 8	Banana/Zucchini, <b>Breakfast Ham Slice</b> , Cinnamon Swirl French Toast, <b>Scrambled Eggs w/ Bacon</b> , Chocolate Malt-O-Meal, Mango Overnight Oats, <b>Yogurt/Granola/Fruit</b> , Belgian Waffles	<b>Roast Pork Loin</b> , <b>Unstuffed Cabbage Roll</b> , White Chicken Enchiladas, <b>Mashed Potatoes</b> , Pork Gravy, <b>Potato Chips</b> , <b>Succotash</b> , <b>Spinach w/ Bacon &amp; Onion</b> , Assorted Dessert Pizza, Belgian Waffles	<b>Walking Taco Casserole</b> , <b>Fried Rice w/ Shrimp</b> , Potatoes Rotel, <b>Oven Roasted Redskin Potatoes</b> , <b>Boiled Peanuts</b> , Green Bean Casserole, Assorted Dessert Pizza, Belgian Waffles	
THURSDAY	May 9	Iced Cake Donuts, <b>Corned Beef Hash</b> , <b>Grilled Diced Redskin Potatoes</b> , Breakfast Wrap, <b>Maple-Pecan Oatmeal</b> , Raspberry Overnight Oats, <b>Yogurt/Granola/Fruit</b> , Belgian Waffles	<b>Grilled Steak &amp; S'hrooms</b> , Pub Style Cod Fillet, LLTBITG, <b>Nacho Chips</b> , <b>Mashed Potatoes</b> , Beef Gravy, Fried Okra, <b>J.D. Beans</b> , <b>Pepperoni Pizza</b> , Belgian Waffles	Chicken Strips, <b>Stuffed Mushroom Caps</b> , Ravioli w/ Sauce, <b>Baked Potatoes</b> , Onion Rings, <b>Country Blend Vegetables</b> , <b>Steamed Spinach</b> , Belgian Waffles	
FRIDAY	May 10	Chocolate Croissant, <b>Bacon</b> , Pancakes, <b>Scrambled Eggs w/ Cheese</b> , Cheese Grits, Strawberry Overnight Oats, <b>Yogurt/Granola/Fruit</b> , Belgian Waffles	Crab Cakes, Chicken Caesar Wrap, <b>Hamburger/Cheeseburger</b> , Fried French Fries, Ranch Mashed Potatoes, <b>Capri Blend Vegetables</b> , <b>Sautéed Chick Peas</b> , Bacon Cheeseburger Pizza, Belgian Waffles	<b>Bac'n Bones</b> , Chicken Cordon Bleu, <b>Grilled Beef &amp; Pepperjack Sandwich</b> , Stuffed Baked Potato, <b>Roasted Potato Medley</b> , <b>Grilled Zucchini Squash</b> , Corn Fritters, Belgian Waffles	
SATURDAY	May 11	<b>BRUNCH:</b>		Chicken Patty Sandwich, Tortellini Alfredo, <b>Glazed Salmon Fillet</b> , Sweet Potato Fries, <b>Potato Chips</b> , <b>Steamed Broccoli</b> , <b>Steamed Cauliflower</b> , Belgian Waffles	
EXTRAS		<b>Weekly Bar: TBD</b>	<b>Dessert:</b> Softserve, Fresh Fruit, and other assorted goodies served daily.		