

# 2017 OFAI Menu

## Everyday items

The following items will be provided every day **in addition** to the daily menus

### **BREAKFAST**

- ☐ Yogurt
- ☐ Granola
- ☐ Hardboiled eggs
- ☐ Individual oatmeal packets
- ☐ Assorted cold cereal
- ☐ Sliced fruit
- ☐ Whole fruit
- ☐ Wheat bread and bagels
- ☐ Peanut butter, cream cheese, butter, jelly and honey
- ☐ Salsa
- ☐ Milk (2%, skim and soy)
- ☐ Coffee
- ☐ Tea bags
- ☐ Hot water
- ☐ Iced tea
- ☐ Water
- ☐ Juice

### **LUNCH & DINNER**

- ☐ Whole fruit
- ☐ Wheat and white sliced bread
- ☐ Peanut butter, butter, jelly and honey
- ☐ Milk (2%, skim and soy)
- ☐ Coffee
- ☐ Tea bags
- ☐ Hot water
- ☐ Iced tea
- ☐ Water
- ☐ Punch or lemonade

### **EVERYDAY LUNCH & DINNER SALAD BAR**

- ☐ Romaine, spinach or spring mix
- ☐ Bean salad
- ☐ Tofu
- ☐ Peas
- ☐ Chickpeas or hummus
- ☐ Cottage cheese
- ☐ Lentils or quinoa
- ☐ Pasta salad
- ☐ Hardboiled eggs
- ☐ Yogurt
- ☐ Croutons
- ☐ Ranch dressing plus at least 2 of the following: Blue cheese, Italian, vinaigrette
- ☐ Balsamic vinegar and olive oil

*Plus, at least four of the following rotating items:*

- ☐ Broccoli and/or cauliflower
- ☐ Cherry tomatoes
- ☐ Cucumbers
- ☐ Artichoke hearts
- ☐ Carrots
- ☐ Black olives
- ☐ Green or red onions
- ☐ Bell peppers
- ☐ Mushrooms
- ☐ Nuts/sunflower seeds
- ☐ Raisins or craisins
- ☐ Cubed apples
- ☐ Mandarin oranges

## 2017 OFAI Menu

	Breakfast	Lunch	Dinner
<b>Thursday</b>		<input type="checkbox"/> Baked potatoes <input type="checkbox"/> Baked sweet potatoes <input type="checkbox"/> Steamed broccoli <input type="checkbox"/> Chopped chicken <input type="checkbox"/> Chili <input type="checkbox"/> Fritos <input type="checkbox"/> Steamed snap peas <input type="checkbox"/> Shredded cheese, sour cream, salsa, bacon bits, chives, butter <input type="checkbox"/> Assorted cookies	<input type="checkbox"/> Smoked brisket <input type="checkbox"/> BBQ baked beans <input type="checkbox"/> Green beans <input type="checkbox"/> Mac and cheese <input type="checkbox"/> Cornbread muffins with butter <input type="checkbox"/> BBQ sauce on the side <input type="checkbox"/> Assorted pies
<b>Friday</b>	<input type="checkbox"/> Pancakes with maple syrup on the side <input type="checkbox"/> Scrambled eggs <input type="checkbox"/> Bacon	<input type="checkbox"/> Romaine lettuce & Caesar dressing <input type="checkbox"/> Parmesan, croutons, black olives <input type="checkbox"/> Meat lasagna with tomato sauce <input type="checkbox"/> Plain pasta with red sauce on the side <input type="checkbox"/> Grilled chicken breast <input type="checkbox"/> Steamed broccoli <input type="checkbox"/> Breadsticks <input type="checkbox"/> Assorted cakes	<input type="checkbox"/> Chicken fried steak <input type="checkbox"/> Vegetarian pot pie <input type="checkbox"/> Garlic mashed potatoes <input type="checkbox"/> Gravy <input type="checkbox"/> Green beans <input type="checkbox"/> Corn <input type="checkbox"/> Rolls with butter <input type="checkbox"/> Assorted cobblers
<b>Saturday</b>	<input type="checkbox"/> Scrambled eggs <input type="checkbox"/> Breakfast potatoes <input type="checkbox"/> Sausage	<input type="checkbox"/> Sliced fajita chicken <input type="checkbox"/> Sliced fajita beef <input type="checkbox"/> Sautéed onions and peppers <input type="checkbox"/> Hard taco shells, flour and corn tortillas <input type="checkbox"/> Cilantro or Spanish rice <input type="checkbox"/> Whole pinto beans <input type="checkbox"/> Shredded lettuce, diced tomatoes, shredded cheese, jalapenos, salsa, guacamole, sour cream, hot sauce <input type="checkbox"/> Tortilla chips <input type="checkbox"/> Assorted cookies	<input type="checkbox"/> Sliced turkey breast <input type="checkbox"/> Stuffing <input type="checkbox"/> Mashed potatoes <input type="checkbox"/> Gravy <input type="checkbox"/> Glazed carrots <input type="checkbox"/> Steamed peas <input type="checkbox"/> Rolls with butter <input type="checkbox"/> Assorted pies

## 2017 OFAI Menu

<p><b>Sunday</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Plain croissants</li> <li><input type="checkbox"/> Bacon and cheese croissants</li> <li><input type="checkbox"/> Egg and cheese croissants</li> <li><input type="checkbox"/> Bacon</li> </ul>	<p><i>OAI does NOT provide lunch for participants on Sunday, but they may purchase a meal ticket from the front desk.</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Burgers &amp; veggie burgers</li> <li><input type="checkbox"/> White and wheat buns</li> <li><input type="checkbox"/> French fries</li> <li><input type="checkbox"/> BBQ baked beans (vegetarian)</li> <li><input type="checkbox"/> Coleslaw</li> <li><input type="checkbox"/> Lettuce, tomato, sliced onion, pickles, BBQ sauce, ketchup, mustard, mayonnaise</li> <li><input type="checkbox"/> Brownies</li> </ul>	
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