2019 OFAI Menu

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

LUNCH & DINNER		LUNCH & DINNER		EVERYDAY LUNCH & DINNER SALAD BAR	
	Yogurt		Whole fruit		Romaine, spinach or spring mix
	Granola		Wheat and white sliced bread		Bean salad
	Instant oatmeal & grits packets		Gluten free bread or English muffins		Tofu
	Assorted cold cereal		Peanut butter, butter, jelly and honey		Peas
	Sliced fruit		Milk		Chickpeas or hummus
□ '	Whole fruit		Coffee		Cottage cheese
_ '	Wheat bread and bagels		Tea bags		Lentils or quinoa
	Gluten free bread or English muffins		Hot water		Pasta salad
	Peanut butter, cream cheese, butter,		Iced tea		Hardboiled eggs
	jelly and honey		Water		Yogurt
	Salsa		Punch or lemonade		Croutons
	Milk		Lemon wedges		Ranch dressing plus at least 2 of the
	Coffee				following: Blue cheese, Italian, vinaigrette
	Tea bags				Balsamic vinegar and olive oil
	Hot water				
	Iced tea			Plus, a	at least four of the following rotating items:
□ '	Water				Broccoli and/or cauliflower
	Juice				Cherry tomatoes
	Lemon wedges				Cucumbers
	G				Artichoke hearts
					Shredded carrots
					Black olives
					Green or red onions
					Bell peppers
					Mushrooms
					Nuts/sunflower seeds
					Raisins or craisins
					Cubed apples
					Mandarin oranges
					Guacamola

Although Thursday Junch is not provided, you may dine in the Quartz Mountain restaurant at your own expense. Breaded chicken strips Grilled chicken Grilled chicken Grilled chicken Grilled chicken Green beans Grilled turkey breast Stuffing Baked sweet potato Stuffing Baked sweet potato Baked sweet potato Grilled truce shells, flour and corn tortillas Grilled chicken Grilled chicken breast Grilled chic		Breakfast	Lunch	Dinner
Mountain restaurant at your own expense. Breaded chicken strips Garilic mashed potatoes			Although Thursday lunch is not	☐ Smoked brisket
Thursday Pancakes with maple syrup on the side Starmbled eggs Prince def part bears Streamed broccoli Starmbled eggs Prince def part bears Streamed broccoli Starmbled eggs Prince def part bears Streamed broccoli Starmbled eggs Prince def part bears Starmbled eggs Prince def part bears Starmbled eggs Prince def part bears Starmbled eggs Staturday Staturday Staturday Plain croissants P			provided, you may dine in the Quartz	☐ BBQ baked beans
Thursday Breaded chicken strips Grilled chicken strips Grilled chicken strips BBQ sauce on the side Assorted pies BBQ sauce on the side Assorted pies Assorted pies BBQ sauce on the side Assorted pies Assorted pies Assorted pies BBQ sauce on the side BBQ sauce on the side Assorted pies Assorted pies BBQ sauce on the side BBQ sauce on the side BBQ sauce on the side Assorted pies Assorted pies BBQ sauce on the side Strambled eggs Stram			Mountain restaurant at your own	☐ Garlic mashed potatoes
Thursday Grilled chicken strips			expense.	☐ Steamed broccoli
Thursday			☐ Breaded chicken strips	☐ Cornbread muffins with butter
Retchup, mustard Mac and cheese French fries Green beans Com Assorted cookies Sliced tajita beef Stuffing Baked sweet potato Brown gravy Roasted brussels sprouts Strambled eggs Shredded lettuce, diced tomatoes, shredded lettuce, diced tomatoes, shredded cheese, jalapenos, salsa, guacamole, sour cream, hot sauce Tortilla chips Assorted cakes Breakfast potatoes Parmesan, croutons, black olives Garlic mashed potatoes Garlic mashed p			☐ Grilled chicken strips	☐ BBQ sauce on the side
Retchup, mustard	Thursday		☐ Honey mustard, BBQ sauce, ranch,	☐ Assorted pies
Mac and cheese French fries Green beans Corn Assorted cookies Sliced turkey breast Stuffing Bacon Sliced fajita chicken Sliced fajita beef Stuffing Baked sweet potato Baked sweet potato Baked sweet potato Brown gravy Roasted brussels sprouts Stredded leftuce, diced tomatoes, shredded theses, jalapenos, salsa, guacamole, sour cream, hot sauce Tortilla chips Assorted cakes Romaine leftuce & Caesar dressing Parmesan, croutons, black olives Carjotte black bean burger patties Garlic mashed potatoes White gravy Green beans Corn Garlic mashed potatoes Breadsticks Assorted cookies Assorted pies Breadsticks Assorted cookies Assorted pies Begg and cheese croissants Egg and cheese croissants Egg and cheese croissants Scrambled eggs Scrambled eggs Assorted cookies Assorted cookies Assorted pies	indibady			
Friday Pancakes with maple syrup on the side Sicard fajita chicken Stuffing Sautéed onions and peppers Bacon Brown gravy Boasted brussels sprouts Brown gravy Roasted brussels sprouts			• •	
Green beans				
Corn				
Assorted cookies				
Pancakes with maple syrup on the side Sliced fajita chicken Sliced fajita beef Scrambled eggs Sautéed onions and peppers Bacon Hard taco shells, flour and corn tortillas Brown gravy Roasted brussels sprouts Steamed peas Rolls with butter Cranberry sauce Assorted cobkies Saturday Palain croissants Strambled eggs Pareadsticks Assorted cookies Scrambled eggs Palain croissants Strambled eggs Paga and cheese croissants Strambled eggs Paga and cheese croissants Strambled eggs Paga and cheese croissants Paga and cheese croissants Paga and cheese croissants Strambled eggs Paga and cheese croissants Paga and cheese croissant				
Scrambled eggs		T December with seconds as more than side		C Olice d (codes a base a c
Bacon			•	1
Hard taco shells, flour and corn tortillas Brown gravy Roasted brussels sprouts Steamed peas Rolls with butter Cranberry sauce Assorted cobblers Assorted cokes Assorted cookies Steamed peas Chicken fried steak Chipotle black bean burger patties Garlic mashed potatoes White gravy Green beans Steamed peas Chicken fried steak Chipotle black bean burger patties Garlic mashed potatoes Sausage Gluten free pasta Gluten free pasta Red sauce Roasted squash, zucchini & onion Grilled chicken breast Breadsticks Assorted cookies Assorted cookies Steamed peas Rolls with butter Cranberry sauce Assorted cobblers Chicken fried steak Chipotle black bean burger patties Garlic mashed potatoes White gravy Green beans Corn Biscuits with butter Assorted pies Breadsticks Assorted cookies Assorted cookies Steamed peas Assorted pies		1	•	1
Friday Cilantro or Spanish rice Pinto beans Roasted brussels sprouts Steamed peas Rolls with butter Cranberry sauce Assorted cobblers Chipotle black bean burger patties Chipotle black bean burger patties Garlic mashed potatoes Penne pasta Giluten free pasta Giluten free pasta Green beans Corn Biscuits with butter Cranberry sauce Assorted cobblers Chipotle black bean burger patties Garlic mashed potatoes White gravy Green beans Corn Biscuits with butter Assorted pies Sunday Plain croissants Egg and cheese croissants Scrambled eggs Scrambled eggs Scrambled eggs Scrambled eggs Scrambled spans		LI Bacon		•
Friday Pinto beans Shredded lettuce, diced tomatoes, shredded cheese, jalapenos, salsa, guacamole, sour cream, hot sauce Tortilla chips Assorted cakes Rolls with butter Cranberry sauce Assorted cobblers				
Strambled eggs Strambled eggs Saturday Saturday Saturday Stramblad eggs Saturday Saturday Saturday Strambled eggs Strambled eggs Saturday Saturday Strambled eggs Strambled eggs Strambled eggs Saturday Strambled eggs	Fride:			☐ Roasted brussels sprouts
Saturday Scrambled eggs	Friday			☐ Steamed peas
guacamole, sour cream, hot sauce ☐ Tortilla chips ☐ Assorted cakes ☐ Scrambled eggs ☐ Breakfast potatoes ☐ Sausage ☐ Sausage ☐ Chicken fried steak ☐ Chipotle black bean burger patties ☐ Garlic mashed potatoes ☐ Penne pasta ☐ Gluten free pasta ☐ Gluten free pasta ☐ Green beans ☐ Corn ☐ Roasted squash, zucchini & onion ☐ Biscuits with butter ☐ Grilled chicken breast ☐ Breadsticks ☐ Assorted cookies ☐ Plain croissants ☐ Egg and cheese croissants ☐ Scrambled eggs				☐ Rolls with butter
Saturday Scrambled eggs				☐ Cranberry sauce
Assorted cakes Assorted cakes Chicken fried steak Chipotle black bean burger patties Chipotle black bean burger				☐ Assorted cobblers
Saturday Scrambled eggs			•	
Breakfast potatoes □ Sausage □ Parmesan, croutons, black olives □ Lasagna with tomato sauce □ Penne pasta □ Gluten free pasta □ Red sauce □ Roasted squash, zucchini & onion □ Grilled chicken breast □ Breadsticks □ Assorted cookies □ Plain croissants □ Egg and cheese croissants □ Scrambled eggs □ Parmesan, croutons, black olives □ Chipotle black bean burger patties □ Garlic mashed potatoes □ White gravy □ Green beans □ Corn □ Biscuits with butter □ Assorted pies		□ Scrambled eags		□ Chickon fried stock
Saturday Saturd				
Saturday Penne pasta Gluten free pasta Green beans Corn Biscuits with butter Assorted pies Sunday Plain croissants Egg and cheese croissants Scrambled eggs				
Saturday Gluten free pasta Red sauce Roasted squash, zucchini & onion Grilled chicken breast Breadsticks Assorted cookies Plain croissants Egg and cheese croissants Scrambled eggs		- La Cadaage	_	
Saturday Red sauce Roasted squash, zucchini & onion Sinday Red sauce Roasted squash, zucchini & onion Sinday Roasted squash, zucchini & onion Roasted squash, zucch			<u> </u>	
□ Roasted squash, zucchini & onion □ Grilled chicken breast □ Biscuits with butter □ Assorted pies □ Assorted cookies □ Plain croissants □ Egg and cheese croissants □ Scrambled eggs	Saturday			
Grilled chicken breast ☐ Breadsticks ☐ Assorted pies ☐ Plain croissants ☐ Egg and cheese croissants ☐ Scrambled eggs ☐ Scrambled eggs				
Breadsticks ☐ Assorted cookies ☐ Plain croissants ☐ Egg and cheese croissants ☐ Scrambled eggs			• •	
Sunday Assorted cookies Plain croissants Egg and cheese croissants Scrambled eggs				The second piece
Sunday □ Plain croissants □ Egg and cheese croissants □ Scrambled eggs				
Sunday ☐ Egg and cheese croissants ☐ Scrambled eggs		Π Plain croissants		
□ Scrambled eggs				
	Sunday			
		☐ Bacon		