

# 2019 OFAI Menu

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

## LUNCH & DINNER

- ☐ Yogurt
- ☐ Granola
- ☐ Instant oatmeal & grits packets
- ☐ Assorted cold cereal
- ☐ Sliced fruit
- ☐ Whole fruit
- ☐ Wheat bread and bagels
- ☐ Gluten free bread or English muffins
- ☐ Peanut butter, cream cheese, butter, jelly and honey
- ☐ Salsa
- ☐ Milk
- ☐ Coffee
- ☐ Tea bags
- ☐ Hot water
- ☐ Iced tea
- ☐ Water
- ☐ Juice
- ☐ Lemon wedges

## LUNCH & DINNER

- ☐ Whole fruit
- ☐ Wheat and white sliced bread
- ☐ Gluten free bread or English muffins
- ☐ Peanut butter, butter, jelly and honey
- ☐ Milk
- ☐ Coffee
- ☐ Tea bags
- ☐ Hot water
- ☐ Iced tea
- ☐ Water
- ☐ Punch or lemonade
- ☐ Lemon wedges

## 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
- ☐ Shredded carrots
- ☐ Black olives
- ☐ Green or red onions
- ☐ Bell peppers
- ☐ Mushrooms
- ☐ Nuts/sunflower seeds
- ☐ Raisins or craisins
- ☐ Cubed apples
- ☐ Mandarin oranges
- ☐ Guacamole

	Breakfast	Lunch	Dinner
Thursday		<p><b><i>Although Thursday lunch is not provided, you may dine in the Quartz Mountain restaurant at your own expense.</i></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Breaded chicken strips</li> <li><input type="checkbox"/> Grilled chicken strips</li> <li><input type="checkbox"/> Honey mustard, BBQ sauce, ranch, ketchup, mustard</li> <li><input type="checkbox"/> Mac and cheese</li> <li><input type="checkbox"/> French fries</li> <li><input type="checkbox"/> Green beans</li> <li><input type="checkbox"/> Corn</li> <li><input type="checkbox"/> Assorted cookies</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Smoked brisket</li> <li><input type="checkbox"/> BBQ baked beans</li> <li><input type="checkbox"/> Garlic mashed potatoes</li> <li><input type="checkbox"/> Steamed broccoli</li> <li><input type="checkbox"/> Cornbread muffins with butter</li> <li><input type="checkbox"/> BBQ sauce on the side</li> <li><input type="checkbox"/> Assorted pies</li> </ul>
Friday	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pancakes with maple syrup on the side</li> <li><input type="checkbox"/> Scrambled eggs</li> <li><input type="checkbox"/> Bacon</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sliced fajita chicken</li> <li><input type="checkbox"/> Sliced fajita beef</li> <li><input type="checkbox"/> Sautéed onions and peppers</li> <li><input type="checkbox"/> Hard taco shells, flour and corn tortillas</li> <li><input type="checkbox"/> Cilantro or Spanish rice</li> <li><input type="checkbox"/> Pinto beans</li> <li><input type="checkbox"/> Shredded lettuce, diced tomatoes, shredded cheese, jalapenos, salsa, guacamole, sour cream, hot sauce</li> <li><input type="checkbox"/> Tortilla chips</li> <li><input type="checkbox"/> Assorted cakes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sliced turkey breast</li> <li><input type="checkbox"/> Stuffing</li> <li><input type="checkbox"/> Baked sweet potato</li> <li><input type="checkbox"/> Brown gravy</li> <li><input type="checkbox"/> Roasted brussels sprouts</li> <li><input type="checkbox"/> Steamed peas</li> <li><input type="checkbox"/> Rolls with butter</li> <li><input type="checkbox"/> Cranberry sauce</li> <li><input type="checkbox"/> Assorted cobblers</li> </ul>
Saturday	<ul style="list-style-type: none"> <li><input type="checkbox"/> Scrambled eggs</li> <li><input type="checkbox"/> Breakfast potatoes</li> <li><input type="checkbox"/> Sausage</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Romaine lettuce &amp; Caesar dressing</li> <li><input type="checkbox"/> Parmesan, croutons, black olives</li> <li><input type="checkbox"/> Lasagna with tomato sauce</li> <li><input type="checkbox"/> Penne pasta</li> <li><input type="checkbox"/> Gluten free pasta</li> <li><input type="checkbox"/> Red sauce</li> <li><input type="checkbox"/> Roasted squash, zucchini &amp; onion</li> <li><input type="checkbox"/> Grilled chicken breast</li> <li><input type="checkbox"/> Breadsticks</li> <li><input type="checkbox"/> Assorted cookies</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Chicken fried steak</li> <li><input type="checkbox"/> Chipotle black bean burger patties</li> <li><input type="checkbox"/> Garlic mashed potatoes</li> <li><input type="checkbox"/> White gravy</li> <li><input type="checkbox"/> Green beans</li> <li><input type="checkbox"/> Corn</li> <li><input type="checkbox"/> Biscuits with butter</li> <li><input type="checkbox"/> Assorted pies</li> </ul>
Sunday	<ul style="list-style-type: none"> <li><input type="checkbox"/> Plain croissants</li> <li><input type="checkbox"/> Egg and cheese croissants</li> <li><input type="checkbox"/> Scrambled eggs</li> <li><input type="checkbox"/> Bacon</li> </ul>		