

OSAI 2021 Menu

Everyday Items

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

Breakfast
Yogurt
Granola
Instant oatmeal & grits packets
Assorted cold cereal
Fresh Fruit
Wheat bread and bagels
Gluten free bread or English muffins
Peanut butter, cream cheese, butter, jelly, and honey
Salsa
Milk (including non-dairy)
Coffee
Hot water
Iced tea
Water
Juice
Lemon wedges

Lunch & Dinner
Pizza Line
Sandwich Line
Fresh Fruit
Wheat and white sliced bread
Gluten free bread or English muffins
Peanut butter, butter, jelly and honey
Coffee
Hot water
Iced tea
Water
Fruit-infused water
Soda fountain
Lemon wedges
Assorted Desserts

Salad Bar - Lunch & Dinner
Romaine, spinach or spring mix
Bean salad
Tofu squares
Chickpeas or hummus
Cottage cheese
Lentils or quinoa
Pasta salad
Hardboiled eggs
Yogurt
Croutons
Ranch dressing plus at least 2 other varieties
Balsamic vinegar and olive oil
<i>Plus, at least <u>four</u> of the following rotating items:</i>
Broccoli and/or cauliflower
Cherry tomatoes
Cucumbers
Shredded carrots
Black olives
Green or red onions, chopped
Bell peppers
Mushrooms
Nuts/sunflower seeds
Raisins or craisins

OSAI 2021 Menu

Line		Breakfast	Lunch	Dinner
Sat. 7/10	Main	(V) = Vegan		Crispy Chicken Strips (regular & vegan) Mac and cheese French fries (V) Green beans (V)
Sun. 7/11	Main	Scrambled Eggs Bacon Home Fried Potatoes (V) Pancakes & Syrup Fresh Pineapple	Beef Fajitas Vegetable Fajitas (V) Spanish Rice (V) Pinto beans (V)	Pot Roast Potatoes & Carrots (V) Brown Gravy Rolls (V) with butter
	Made-to-Order	Cinnamon Rolls	Tomato Spinach Fettucine	Tomato Spinach Fettucine
Mon. 7/12	Main	Scrambled Eggs Ham Steaks Hash Browns (V) Waffles & Syrup Fresh Fruit Salad	Crispy Orange Chicken Stir Fry Sesame Coated Tofu (V) Jasmine Rice (V) Stir Fry Veggies (V)	Cajun Turkey Red Beans (V) Brown Rice (V) Steamed broccoli, carrots & cauliflower (V)
	Made-to-Order	Omelet Bar	Black Bean Quesadilla	Black Bean Quesadilla
Tues. 7/13	Main	Scrambled Eggs Kielbasa Sausage Home Fried Potatoes (V) French Toast & Syrup Red & Green Grapes	Tamale Pie with ground beef Sante Fe Black Bean (V) Zucchini & Yellow Squash (V) Mixed Veggies (V)	BBQ Beef Brisket Sandwich Vegan Burger (V) Breaded Okra (V) Corn on the Cob (V) with butter on side
	Made-to-Order	Smoothie Bar	Jasmine rice Stir Fry	Jasmine rice Stir Fry
Wed. 7/14	Main	Scrambled Eggs Bacon Shredded Hash Brown (V) Biscuits & Gravy Honeydew Melon	Spaghetti with red sauce (V) Meatballs Steamed broccoli (V) Breadsticks (V)	Pollo Al Ajillo Garlic Vegan Chicken (V) Mashed Potatoes Green Beans (V)
	Made-to-Order	Breakfast Burritos	Italian Flatbread Sandwich	Italian Flatbread Sandwich
Thurs. 7/15	Main	Scrambled Eggs Pork Sausage Link Tater Tots (V) Pancakes & Syrup Fresh Pineapple	Burgers & vegan burgers White, wheat, and gluten free buns BBQ baked beans (V) Onion rings (V) Corn on the cob (V) with butter on side	Baked Rigatoni With Ground beef Penne pasta with tomato sauce (V) Breadsticks (V) Roasted squash, zucchini & onion (V)
	Made-to-Order	Smoothie Bar	Mac & Cheese Bar	Mac & Cheese Bar
Fri. 7/16	Main	Scrambled Eggs Scrambled Egg W/Chorizo Home Fried Potatoes (V) Waffles & Syrup Fresh Fruit Salad	Roast Pork Loin Mashed sweet potatoes Lima beans (V) Rolls (V) with butter on side	Chicken enchiladas with red sauce Cheese enchiladas with sour cream sauce Cilantro rice (V) Black beans (V)
	Made-to-Order	Omelet Bar	Grilled Cheese & Tomato Sandwich	Grilled Cheese & Tomato Sandwich

OSAI 2021 Menu

Line		Breakfast	Lunch	Dinner
Sat. 7/17	Main	Scrambled Eggs Pork Sausage Patty Hash Browns (V) French Toast & Syrup Red & Green Grapes	Crispy Chicken Strips (regular & vegan) Mac and cheese French fries (V) Green beans	BBQ Chicken BBQ Tofu (V) Garlic Mashed Potatoes Steamed broccoli, carrots & cauliflower (V)
	Made-to-Order	Green & Gold Donuts	Curried Tofu & Jasmine Rice	Curried Tofu & Jasmine Rice
Sun. 7/18	Main	Scrambled Eggs Bacon Home Fried Potatoes (V) Biscuits & Gravy Honeydew Melon	Pot Roast Potatoes & Carrots (V) Brown Gravy Rolls (V) with butter	Beef Fajitas Vegetable Fajitas (V) Spanish Rice (V) Pinto beans (V)
	Made-to-Order	Cinnamon Rolls	Baked Potato Bar	Baked Potato Bar
Mon. 7/19	Main	Scrambled Eggs Ham Steaks Shredded Hash Brown (V) Pancakes & Syrup Fresh Pineapple	Cajun Turkey Red Beans (V) Brown Rice (V) Steamed broccoli, carrots & cauliflower (V)	Crispy Orange Chicken Stir Fry Sesame Coated Tofu (V) Jasmine Rice (V) Stir Fry Veggies (V)
	Made-to-Order	Omelet Bar	Spicy Ham & Swiss Flat bread sandwich	Spicy Ham & Swiss Flat bread sandwich
Tues. 7/20	Main	Scrambled Eggs Kielbasa Sausage Tater Tots Waffles & Syrup Fresh Fruit Salad	BBQ Beef Brisket Sandwich Vegan Burger (V) Breaded Okra (V) Corn on the cob (V) with butter on side	Tamale Pie with ground beef Sante Fe Black Bean (V) Zucchini & Yellow Squash (V) Mixed Veggies (V)
	Made-to-Order	Smoothie Bar	Penne W/ Fra Diavolo Sauce	Penne W/ Fra Diavolo Sauce
Wed. 7/21	Main	Scrambled Eggs Bacon Home Fried Potatoes (V) French Toast & Syrup Red & Green Grapes	Pollo Al Ajillo Garlic Vegan Chicken (V) Mashed Potatoes Green Beans (V)	Spaghetti with red sauce (V) Meatballs Steamed broccoli (V) Breadsticks (V)
	Made-to-Order	Breakfast Burritos	Sweet & Sour Chicken Stir Fry	Sweet & Sour Chicken Stir Fry
Thurs. 7/22	Main	Scrambled Eggs Pork Sausage Link Hash Browns (V) Biscuits & Gravy Honeydew Melon	Baked Rigatoni With Ground beef Penne pasta with tomato sauce (V) Breadsticks (V) Roasted squash, zucchini & onion (V)	Burgers & vegan burgers White, wheat, and gluten free buns BBQ baked beans (V) Onion rings (V) Corn on the cob (V)
	Made-to-Order	Smoothie Bar	Chicken Ceasar Salad	Chicken Ceasar Salad

OSAI 2021 Menu

Line		Breakfast	Lunch	Dinner
Fri. 7/23	Main	Scrambled Eggs Scrambled Egg W/Chorizo Home Fried Potatoes (V) Pancakes & Syrup Fresh Pineapple	Chicken enchiladas with red sauce Cheese enchiladas with sour cream sauce Cilantro rice (V) Black beans (V)	Roast Pork Loin Mashed sweet potatoes Lima beans (V) Rolls (V) with butter on side
	Made-to-Order	Omelet Bar	Teriyaki Turkey Bowl	Teriyaki Turkey Bowl
Sat. 7/24	Main	Scrambled Eggs Pork Sausage Patty Shredded Hash Brown (V) Waffles & Syrup Fresh Fruit Salad	Crispy Chicken Strips (regular & vegan) Mac and cheese French fries (V) Green beans	BBQ Chicken BBQ Tofu (V) Garlic Mashed Potatoes Steamed broccoli, carrots & cauliflower (V)
	Made-to-Order	Donuts	Grilled Chicken Alfredo	Grilled Chicken Alfredo
Sun. 7/25	Main	Scrambled Eggs Bacon Tater Tots (V) French Toast Red & Green Grapes		
	Made-to-Order	Smoothie Bar		