

# MENU FOR FA CAFE 2008-2009

## BREAKFAST ALL YEAR

<u>Mon</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thur.</u>	<u>Fri.</u>	<u>Sab..</u>	<u>Sun</u>
Belgian waffles	Bagels & Eng muf.	Br. Burrito	French toast	Pancakes	Cin. Rolls	Bis.& gravy
Toppings	Fried eggs	Salsa	Stripples	Toppings	Br. Crumbles	Fr. potatoes
Wham	Tator tots	Tofu	grits	Links	Tofu	Muffins
Scr. eggs	Tofu				Toast	
Tofu						

EVERY DAY WITH BREAKFAST AND ALL OTHER MEALS, THESE FOODS ARE AVAILABLE AT SOME OR ALL TIMES;

PB&J, BREAD FOR TOAST, ALL CONDIMENTS, CEREAL, GRITS, OATS, MILK, SOY MILK, JUICE, FRESH & CANNED FRUIT, MUFFINS, VEGAN ALTERNATIVES.

NUTS, SALAD BAR FOR LUNCH AND FRESH VEGGIES AT SUPPER, YOGURT AT BREAKFAST AND SOMETIMES SUPPER.

**Students who wish to purchase a meal card may do so in the finance office at the Ad building. Meal cards will cost \$45.00. If you do not have a card, each meal will cost \$5.00. There will be no charging considering there was problem with the tabs being paid the past year.**

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## Lunch -----Week 1

MON.	TUES.	WED.	THURS.	FRI.	SAB.	BRUNCH
Company loaf Mashed potatoes Squash & zucchini Stir-fry	Stroganoff & bowties Snow Peas Corn	Chic rice casserole Carrots Green beans	Haystacks Cookies	Potato bar Chili Broccoli	Bar-B-Q Gluten Carrots Mixed Veg.	Biscuit Sausage gravy Fried potatoes

## Supper

Chicken Salad Big Frank salad Pita Bread Tomato soup	Burrito bar Rice Sr. Cream, Salsa Guac.	Bar-B-Q beef Cole slaw Chips	Mac .& Cheese wedges Fresh Veg. salad Banana bread	Quesadillas Refried beans Sr. cr, Salsa, Guac.	Calzones Veg. soup Chips	PIZZA Fresh salad Veggies
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## Lunch-----Week 2

MON.	TUES.	WED.	THURS.	FRI.	SAB.	BRUNCH
Meatballs Sw. & sr. sauce Baby new potatoes Soy beans	Fri chic Hashbrown Cass. Butternut squash	Maritime patties Buttered noodles Green beans	Rice & Beans. Mixed Veg. Cornbread Dessert	Spaghetti Corn & mushrooms Garlic bread	Enchiladas Spanish rice Veg. Medley Dessert	Biscuit Sausage gravy Fried potatoes

## Supper

Veg. Wraps Humus Soup	Sloppy Joes Soup Chips Fr. Veg	Grilled Cheese Tomato Soup Chips	Tostados Pita chips Salsa	BLT's Soup Fruit Salad	Hoagies Baked Beans Potato Salad	PIZZA Salad Fr. Veg.
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## Lunch-----Week 3

MON	TUES	WED	THURS	FRI	SAB	BRUNCH
Mac & Cheese Green beans Cauliflower	Chic Pot Pie Greens Acorn Squash	Manicotti Corn Broccoli	Haystacks Dessert	Chili Burritos Rice Peas	Lasagna Veg. Blend Roll Dessert	Biscuits Sausage Gravy Fried potatoes

## Supper

Meatball Subs Tator Tots Chips	Tator Tot Casserole Corn	BLT's Tomato Soup Chips	Veg. Burgers French Fries Cole slaw	Nacho's Refried Beans Sr. Cream Guac.	Spring rolls Sw. & sour sauce Rice	Pizza Dessert Pitas
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## Lunch-----Week 4

MON	TUES	WED	THURS	FRI	SAB	BRUNCH
Ravioli Carrot & Raisin Salad Soy Beans	Chili Cornbread Cheese sticks Mac. Salad	Gluten steaks Buttered Potatoes Carrots	Chic Ala King Rice Corn	Chops Pasta & veggies Roll	Cashew Loaf Red Potatoes Peas	Biscuits Sausage Gravy Fired Potatoes

## Supper

Mexican Lasagna  
Corn on the cob  
Salsa & Sr. Cream

Egg salad  
Hummus  
Pitas  
Chips

Corn dogs  
Baked beans  
Potato Salad

Veggie Wraps  
Italian Pasta salad

Soft tacos  
Fruit Salad

BLT's  
Soup

Pizza  
Breadsticks  
Salad

## Lunch-----Week 5

MON

TUES

WED

THURS

FRI

SAB

BRUNCH

Turkey & Dressing  
Sweet Potatoes  
Green Beans

Baked Fettuccini  
California Blend  
Rolls