



PREPARED WITH LOVE AND PRIDE BY OUR CHEFS AND KITCHEN STAFF IN THE

BIRCHMONT KITCHEN

BREAKFAST ~ Hot Option and / or "Health Bar"

waffles & syrup with sausage ~ scrambled eggs with bacon ~ pancakes & syrup
eggs & home fries ~ French toast ~ egg "mock" muffins
broccoli and egg white frittata & turkey bacon ~ spinach & low fat cheese omelets

PLUS our DAILY "Health Bar" (served at every breakfast)

Including: yogurts, fresh fruits, sliced melons, cereals, fresh juices and milk.

LUNCH ~ Hot Option and / or Salad & Sandwich Bar

baked ziti ~ pita pizza / pepperoni ~ beef tacos ~ vegetable tacos ~ chicken salad
vegetable turnovers ~ quiche ~ "fishwich" ~ veggie burgers ~ Italian subs ~ veggie subs & wraps grilled
cheese ~ beef fajitas ~ soup ~ veggie fajitas ~ chicken nuggets ~ "BLT's"
vegetarian chili ~ roast beef on a bulkie roll ~ macaroni & cheese ~ chicken patties
hot turkey sandwiches ~ buffalo wings ~ teriyaki wings ~ meat ball subs

PLUS The DAILY Salad and Sandwich/Wrap Bar (served at lunch & dinner)

Including: whole wheat wraps, tuna, turkey, ham, salami, roast beef, cheeses, chicken salad, hummus, peppers, tomatoes, onions, mushrooms, broccoli, black olives, lettuces, edamame beans, carrots & more!

DINNER ~ Hot Option and / or Salad & Sandwich Bar

beef & broccoli with egg noodles ~ zucchini noodle bolognese ~ chicken with artichokes and rice
roast turkey, stuffing, mashed potatoes, gravy ~ pizza ~ vegetable salad bar ~ macaroni & cheese
teriyaki chicken & rice pilaf ~ flank steak ~ curried rice ~ vegetable stew ~ fried chicken ~ red bliss potatoes
fried fish ~ lasagna & garlic bread ~ roast beef & baked potato ~ potatoes au gratin ~ vegetable calzones
BBQ chicken & French fries ~ London broil ~ rice and beans ~ spaghetti & meatballs
broccoli and cheese pasta ~ vegetable noodle bake ~ pork chops ~ stuffed shells & garlic bread
salisbury steak & egg noodles ~ beef stir fry & rice, quiche Lorraine, ~ shake & bake pork chops
vegetable quiche ~ assorted hot vegetables (corn, peas, string beans, carrots)

PLUS The DAILY Salad and Sandwich/Wrap Bar (shown above)

We also offer a full PASTA BAR at LUNCH and DINNER for our picky eaters!

Fresh fruit, flavored water and juice is available all day.

PLEASE NOTE: We are a NUT SAFE environment, please inquire for details.

We do not serve peanut butter or cook with any nut oils or products. Kosher style meals available upon request. All dietary concerns such as Gluten Free and Vegetarian are accommodated.

