

# Earlham College Breakfast and Lunch Menu Week 4



	Sunday 8-Sep	Monday 9-Sep	Tuesday 10-Sep	Wednesday 11-Sep	Thursday 12-Sep	Friday 13-Sep	Saturday 14-Sep
	GF V Scrambled Eggs GF Va Tri-Taters V French Waffles Va Ham & Turkey Links V Belgian Waffle Bar with Fruit Topping V Oatmeal Va Buttermilk Biscuits with Sausage Gravy V Hard Boiled Eggs	GF V Scrambled Eggs GF Va Tri-Taters V French Waffles Va Ham & Turkey Links V Grits V Cage Free Eggs Made to Order V Omelet Station V Belgian Waffle Bar with Fruit Topping V Hard Boiled Eggs	GF V Scrambled Eggs and Breakfast Scramble GF Va Baked Hash Brown Patty V Banana Pancakes Va Sausage Patties & Turkey Bacon V Honey Cream of Wheat V Cage Free Eggs Made to Order V Omelet Station V Belgian Waffle Bar with Fruit Topping V Hard Boiled Eggs	GF V Scrambled Eggs V Baked Tater Tots V French Toast Va Corn Beef Hash Va Cranberry Oats Va Cage Free Eggs Made to Order V Omelet Station V Belgian Waffle Bar with Fruit Topping V Hard Boiled Eggs	GF V Scrambled Eggs Va Shredded Hash Browns V Egg and Cheese Muffins Va Bacon & Turkey Links Va Cheesy Grits Va Cage Free Eggs Made to Order V Omelet Station V Belgian Waffle Bar with Fruit Topping V Hard Boiled Eggs	GF V Scrambled Eggs Va Home Fries V Breakfast Scramble Va Sausage Links & Turkey Sausage Patty Va Cinnamon Oats Va Cage Free Eggs Made to Order V Omelet Station V Belgian Waffle Bar with Fruit Topping V Hard Boiled Eggs	V Belgian Waffle Bar with Fruit Topping V Va Buttermilk Biscuits with Sausage Gravy V Hard Boiled Eggs
		<b>General Tso's Shrimp</b> Rice, Breaded Shrimp, Carrots Broccoli, Peppers, Onions General Tso's Sauce	<b>National Hot Dog Day!</b> Hot Dogs and Veggie Dogs Cheese Sauce, Coney Sauce, Sauteed Onions Sauerkraut Relish, Diced Onion, Ketchup, and Mustard	<b>Fresh Spring Rolls</b> Rice Paper Wrappers Rice noodles, carrots, sliced bell peppers cucumbers, Napa Cabbage, Chicken	<b>Southwest Salad</b> Steak and Chicken Roasted Corn, Roasted Pablano Peppers, Black Beans Fresh Pico, Tri Color Tortilla Strips Southwest Ranch	<b>Waffle Fry Bar</b> Seasoned Ground Beef, Cheese Sauce Shredded Cheese, Spicy Black Beans Diced Tomatoes, Jalapenos and Sour Cream,	
	GF V Scrambled Eggs Va Sausage Links & Veggie Patties V Potatoes O'Brien	Va Hull Hull Chicken Rice GF Va Red Pepper Flake Broccoli GF Va Corn with Red Peppers Coconut Pineapple Bread	Stuffed Shells with Meat & Red Sauce V Cheese stuffed Shells & White Sauce GF Va Italian Green Beans GF Va Yellow Squash & Zucchini with Tomatoes Garlic Bread	Coconut Breaded Chicken with Crunchy Fruit Sauce V White Rice GF Va Buttered Corn Sautéed Snap Peas	Gourmet Grilled Cheese with Tomato GF Va Tater Tots V Macaroni and Cheese GF Va Green Beans	Old Bay Fish GF Va Roasted Red Skin Potatoes GF Va Green Bean GF Va Corn on the Cob	GF V Scrambled Eggs V Shredded Hashbrowns V Honey Pancakes Va Bacon and Turkey Links V Cream of Wheat
	V Cheese Pizza Va Pepperoni and Sausage Va Breakfast Pizza	Va Bacon Ranch Chicken Pizza V Cheese Pizza Va Sausage Pizza V Cavatappi V Fettuccine V Pesto Alfredo & Marinara	V Cheese Pizza Va Sausage Pizza Va Meat Lover's Va Baked Pasta V Whole Grain Penne V Alfredo and Meat Sauce	V Garlic Cheese Pizza V Cheese Pizza Va Sausage Pizza V Farfalle GF Va Linguini GF Va Marinara and Roasted Vegetables	V Sausage, Pepperoni, and Onion Pizza V Cheese & Pepperoni Pizzas V Baked Pasta Penne Rigate Va Spaghetti Va Sun Dried Tomato Alfredo & Marinara	Va Meat Lover's V Cheese Pizza Va Pepperoni Pizza Spaghetti and Meatballs Garlic Bread	V Chef's Special Pizza V Cheese Pizza Va Pepperoni Pizza Pastas Sauces
	V Jamaican Tortellini Primavera V Vegan Gumbo GF Va Garlic Smashed Potatoes GF Va Broccoli	Va Tricolor Bowtie Pasta with Sundried Tomatoes, Red Onion and Feta GF Va Asparagus GF Va Roasted Vegetables V BBQ Tempeh	GF Va Asian Stir-fry Tofu GF Va Mixed Vegetables V Fried Rice GF Va Vegetable Eggrolls	V Orange Ginger Vegan Bowl GF Va Flour Breaded Tofu with Orange Sauce GF Va Tofu, Edamame, Red Onion, Black Bean GF Va Spinach, Cilantro	GF Va Vegan Potato Casserole GF Va Spaghetti Torte GF Va Roasted Montreal Potatoes V Broccoli	GF Va Tofu Scampi GF Va Veggie Quesadilla GF Va Sauteed Cabbage GF Va Roasted Corn	GF Va Vegan Gumbo V Grits V Seasonal Fresh Vegetables
	Va Breaded Pork Tenderloin Va Turkey Burgers V French Fries	V Grilled Chicken Tender V Cheeseburger Quesadilla V Parnesan Fries	Buffalo Chicken Sandwich Breaded Chicken Sandwich V Homemade Ranch Potato Chips	V Grilled Chicken V Chicken Quesadillas GF V Fresh Cut Fries	Sausage, Peppers, and Onions Beef Hot Dogs V BBQ Fries	Turkey Burger V Grilled Chicken Thighs V Straight Cut Fries	
		V Russian Tomato Salad Va Pineapple Cole Slaw	Va Pineapple Cole Slaw Va Quinoa Salad with Dried Fruit and Nuts	V Quinoa Salad with Dried Fruit and Nuts Va Red Skin Potato Salad	Va Red Skin Potato Salad Va Apple & Sunflower Seed Salad	Va Apple and Sunflower Seed Salad Va Tri Bean Salad	
	Potato Soup	V Chinese Chicken Soup GF Va Black Bean Soup V Potato Soup	V Tomato Florentine GF Va Black Bean Soup V Potato Soup	V Tomato Florentine GF Va Black Bean Soup V Potato Soup	GF Va Cream of Tomato GF Va Black Bean Soup V Potato Soup	V Cream of Chicken and Rice Soup GF Va Black Bean Soup V Potato Soup	

\* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

- V Denotes Vegetarian Item
- Va Denotes Vegan Item
- GF Denotes Gluten-Free Item
- Va Denotes Pork Item