

# WEDNESDAY BREAKFAST OPTIONS

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Assorted Fruits and Juices

Assorted Cereals

Oatmeal

\*\*Fruit & Yogurt Parfait

Cinnamon Apple Streusel

Bagels and Lox

Scandinavian Pancakes with Hot Maple Syrup

\*Eggs, Bacon (Turkey Bacon Available), Sausage, Home Fries

\*Egg White Spinach & Mushroom Frittata topped with Shaved Parmesan Cheese, Baby Arugula & Radish Salad & Salsa on the side



\*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs, may increase your risk of contracting food borne illnesses.

\*\* Contains nuts.

(Menu Items Subject to Change without Prior Notice)

# WEDNESDAY LUNCH OPTIONS

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Stuffed Pepper Soup  
Broccoli Salad

French Fries

Entrees:

\*Woodloch's Nacho Plate with Seasoned Ground Beef, Melted Nacho Cheese Sauce, Shredded Lettuce, Diced Tomato, Salsa, Sour Cream & Guacamole [without fajita meat (V)]

\*BLT Chicken Salad Grilled Chicken Breast over Iceberg Lettuce with Diced Tomato, Bacon Bits, Roasted Chickpeas and our Creamy BLT Dressing & Dinner Roll

\*BBQ Beef Brisket Sandwich with Cheddar Cheese & Frizzled Onions on a Toasted Bistro Roll

\*Charbroiled All-Natural Premium Burger (antibiotic free & locally sourced)

Lettuce, Tomato & Onion Choice of Cheese

Veggie Burger on a Whole Wheat Sandwich Round (v)

Veggie & Hummus Plate

\*\*Fruit & Yogurt Parfait

Dessert:

Warm Apple Crisp A La Mode  
Ice Creams, Chocolate, Tapioca, or Rice Pudding / Jell-O

[Kid's Menu Available]

\*Chicken Tenders, \*Hot Dog, PB&J, Grilled Cheese, Mac & Cheese, Pizza, Pasta



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# WEDNESDAY DINNER OPTIONS

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Roasted Cauliflower Soup (V) or Shrimp Cocktail

Fall Roasted Vegetable Panzanella Salad with Sun Dried Tomato & Basil Vinaigrette dressing

Entrees:

\*Roast Prime Rib of Beef Au Jus

\*Lemon & Herb Salmon Filet Topped with Citrus Butter,  
served over Herb & Garlic Riced Cauliflower

\*Chicken Piccata Pan Seared Chicken Breast with a Lemon Caper Sauce,  
served with Mushroom Risotto

Four Cheese Ravioli with Marinara or Garlic Butter Sauce & Garlic Knot

Roasted Eggplant Napoleon (V) Wilted Spinach Topped with  
Panko Encrusted Eggplant, Roasted Tomatoes & Fresh Mozzarella Cheese,  
Topped with Bruschetta, Balsamic Glaze & Basil Pesto

Served with:

Smoked Gouda Whipped Potatoes

Fresh Asparagus with Lemon Vinaigrette

\*\*Banana-Nut & Sour Dough Bread Served with Soup

**Dessert:**

Death by Chocolate Cheesecake Topped with Crumbled Brownie  
Chocolate, Tapioca, & Rice Pudding / Jell-O

[Kids Menu Available]

\*Chicken Tenders, \*Hot Dog, PB&J, Grilled Cheese, Mac & Cheese, Pizza, Pasta



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