Week 3 Breakfast and Lunch Menu

Metz CULINARY MANAGEMENT

	Monday 6-Sep	Tuesday 7-Sep	Wednesday 8-Sep	Thursday 9-Sep	Friday 10-Sep
Day Breakers	**Happy Labor Day!**	Bacon, Egg and Cheese Muffin / Sausage, Egg and Cheese Muffin / Bacon, Egg and Cheese Bagel / Sausage, Egg and Cheese Bagel / Assorted Breakfast Pastries / Breakfast Potatoes / Eggs to Order / Belgian Waffle Bar with Toppings	Bacon, Egg and Cheese Muffin / Sausage, Egg and Cheese Muffin / Bacon, Egg and Cheese Bagel / Sausage, Egg and Cheese Bagel / Assorted Breakfast Pastries / Breakfast Potatoes / Eggs to Order / Belgian Waffle Bar with Toppings	Bacon, Egg and Cheese Muffin / Sausage, Egg and Cheese Muffin / Bacon, Egg and Cheese Bagel / Sausage, Egg and Cheese Bagel / Assorted Breakfast Pastries / Breakfast Potatoes / Eggs to Order / Belgian Waffle Bar with Toppings	Bacon, Egg and Cheese Muffin / Sausage, Egg and Cheese Muffin / Bacon, Egg and Cheese Bagel / Sausage, Egg and Cheese Bagel / Assorted Breakfast Pastries / Breakfast Potatoes / Eggs to Order / Belgian Waffle Bar with Toppings
BRAVO!		**Sweet and Sour Happy Hour** / Popcorn Chicken or Shrimp / Broccoli, Snow Peas, Bok Choy or Peppers / General Tso's, Sweet and Sour or Teriyaki Sauce / White or Brown Rice	**Pierogi Bar** / Potato and Cheese Pierogies / Kielbasa Coins or Bacon / Cheddar or Mozzarella Cheese / Sautéed Mushrooms, onions and Cabbage	**Bread Bowl** / Grilled Chicken or Beef / Bacon, Cheddar, Peas, Red Pepper / Green Onions, Carrots / Chicken Supreme or Alfredo Sauce	**Philly in "The 'Burgh"** / Grilled Chicken or Beef on a Roll / Lettuce, Tomato Onion / Mushrooms, Onions and Peppers / Mozzarella or Cheese Sauce / Nacho Chips
Market St. Deli		**National Salami Day!! $1 off an Italian Hoagie**	**Made to Order Sandwiches**- Ham, Turkey, Capicola, Salami, Pepperoni, Pepper jack, Provolone, Swiss, and American Cheeses, Bread, rolls, wraps and Much, Much More	**Made to Order Sandwiches**- Ham, Turkey, Capicola, Salami, Pepperoni, Pepper jack, Provolone, Swiss, and American Cheeses, Bread, rolls, wraps and Much, Much More	**Made to Order Sandwiches**- Ham, Turkey, Capicola, Salami, Pepperoni, Pepper jack, Provolone, Swiss, and American Cheeses, Bread, rolls, wraps and Much, Much More
Main Plate		Country Fried Steak / Garlic Mashed Potatoes / Buttered Corn Niblet / Buttermilk Biscuit	Buttermilk Fried Chicken / Macaroni and Cheese / Collard Greens / Corn Muffin	Bulgogi Beef / Lo Mein Noodles / Green Beans / Fortune Cookie	Cantonese BBQ Pork with Crispy Onions / Oven Roasted Potatoes / California Blend Vegetables / Corn Muffin
Villa Toscana		Cheese Pizza / Pepperoni Pizza / Italian Wedding Pizza	Cheese Pizza / Pepperoni Pizza / Meatball Calzone	Cheese Pizza / Pepperoni Pizza / Sausage and Pepperoni Pizza	Cheese Pizza / Pepperoni Pizza / Italian Pizza
chef fresh		Specialty Salads, Sandwiches, Wraps and Hoagies, Parfaits, Fresh Fruit, Puddings, Yogurts, Vegetables, Snacks and More	Specialty Salads, Sandwiches, Wraps and Hoagies, Parfaits, Fresh Fruit, Puddings, Yogurts, Vegetables, Snacks and More	Specialty Salads, Sandwiches, Wraps and Hoagies, Parfaits, Fresh Fruit, Puddings, Yogurts, Vegetables, Snacks and More	Specialty Salads, Sandwiches, Wraps and Hoagies, Parfaits, Fresh Fruit, Puddings, Yogurts, Vegetables, Snacks and More
J. Clark's Grille		Cheeseburger on a Bun / Curly Fries / Boneless Chicken Wings / Breaded Chicken Sandwich	Cheeseburger on a Bun / Curly Fries / Boneless Chicken Wings / Breaded Chicken Sandwich	Cheeseburger on a Bun / Curly Fries / Boneless Chicken Wings / Breaded Chicken Sandwich	Cheeseburger on a Bun / Curly Fries / Boneless Chicken Wings / Breaded Chicken Sandwich
Just Desserts		Jumbo Chocolate Chip Cookie / Dirt Cup / Ice Cream Novelties	Jumbo Chocolate Chip Cookie / Dirt Cup / Ice Cream Novelties	Jumbo Chocolate Chip Cookie / Dirt Cup / Ice Cream novelties	Jumbo Chocolate Chip Cookie / Dirt Cup / Ice Cream Novelties
du Jour		White Bean and Escarole Soup	Italian Vegetable with Meatballs	Chili Con Carne	New England Clam Chowder

* 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.