



Trafalgar Castle Weekly Rotating Menu March - June 2008

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Breakfast	Entrée	Trafalgar Morning Sandwich	Cheddar Scramble	Pancakes	Eggs Benedict	French Toast	Saturday Brunch	Sunday Brunch		
	Side#1	Sausage patties	Bacon	Sausages	Grilled Ham	Poached Eggs				
	Side#2	Diced Potatoes	Pom Pom Potatoes	Home fries	Hashbrowns	Bacon				
	Bakery	Assorted Bake Goods	Assorted Bake Goods	Assorted Bake Goods	Assorted Bake Goods	Assorted Bake Goods				
Available Daily Juice, Milk, Coffee, Tea, Hot & Cold Cereal, Yogurt and Granola & Hard Boiled Eggs										
Lunch	Soup	Potato & Leek Soup	Chicken Noodle	Broccoli & Cheese Soup	Wonton Soup	Creamy Cauliflower Soup				
	Entrée	Turkey Twirl (rotini pasta, turkey, bacon and peas in cream sauce)	Homemade Macaroni & Cheese	Ham and Swiss Kaisers	Baked Chicken Fingers	Mini Burgers				
	Starch	Bruschetta Bread	Breadsticks	Pickle and Cheese Platter	Baked Potato Wedges	Onion Rings				
	Vegetable	Caesar Salad	Strawberry & Mixed Green Salad	Caprese Salad	Tossed Salad	Carrot and Celery Sticks				
	Vegetarian	Roasted Vegetable Twirl	Macaroni & cheese	Tomato & Swiss Cheese Kaisers	Chick Pea Pilaf	Mini Veggie Burgers				
	Dessert	Chocolate Ice Cream	Straberries & Chocolate	Cookies	Fruit Salad	Apples, Caramel Dip				
Snacks	Morning Push	Yogurt, Fresh Fruit, Granola	Fruit Explosion Bran Muffins	Mini Donuts	Oranges & Watermelon	Fresh Scones with Preserves				
		The Express area will feature freshly prepared quick and easy meal alternatives, snacks, and healthy options. Highlighted from our salad program will be our Entree salads, build your own salads and bean/pasta salads. The sandwich section will be expanded to include soy-based products for students with dietary needs in addition to traditional style sandwich items.								
	Afternoon Push Evening Push	Veggies & Dip	Hummus & Pita Points	Fresh Fruit Platter	Nacho Chips & Salsa	Cheese Cubes with Grapes				
		Cheese & Crackers	Banana Bread	Tortilla Rolls, salsa	Vegetable Platter	Tuna Melts on mini bagels				
Dinner	Entrée	Halibut Filets	Mustard crusted Pork Loin	Spicy Chicken	Build Your Own Pizza Night!	Steak Night French Fries Corn on the Cob Grilled Peppers	Quesadillas	Roasted Chicken with Lemon and Thyme		
	Starch	Citrus Beurre Blanc	Mashed Potatoes	Asian Greens			Black Beans and Rice	Roasted Potatoes		
	Vegetable	Potato Coins	Carrot Wheels	Vermicelli Noodles			Salsa Verde, Guacamole	Peas		
	Vegetarian	Green Beans	Cauliflower Bake	Roasted Yams			Vegetable Empanadas	Baby Carrots		
	Dessert	Milkshakes	Lemon Cake	Crepes with toppings			Carrot Cake	Banana Splits	Chocolate Parfaits	Strawberry Shortcake

We offer at every meal; homemade soup of the Day, milk (2%, skim, soy and 1% chocolate), juices, water, coffee, tea. Also available are fresh whole fruit, a 21 item salad bar including 2 kinds of fresh cut lettuces, 2 prepared salads, 9 cut vegetables, 3 low fat dressings, fresh fruit salad and various condiments.






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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Week Two	Breakfast	Entrée	Fried Eggs	Tex-Mex Scramble	English Muffin Sandwich	Cinnamon Toast	Chocolate Chip Pancakes		
		Side#1	Sausage	Bacon	Sausage Patties	Sausage	Poached Egg		
		Side#2	Potato Patties	Pom Pom Potatoes	Savory Potatoes	Maple Syrup	Ham		
		Bakery	Assorted Bake Goods	Assorted Bake Goods	Assorted Bake Goods	Assorted Bake Goods	Assorted Bake Goods		
	Available Daily Juice, Milk, Coffee, Tea, Hot & Cold Cereal, Yogurt and Granola & Hard Boiled Eggs								
	Lunch	Soup	Lentil & Red Pepper Soup	Chicken with Rice	Mushroom Barley Soup	Italian Wedding Soup	Tomato and Roasted Pepper		
		Entrée	Orrechietti Pasta	Taco Day	Chicken Wraps	Curried Potatoes and Chicken with Peppers	Mini Pulled Pork Sandwiches		
		Starch	Tomato & Alfredo Sauces	Ground Beef	Cheese & Pickle Platter	Papadums, chutney dip	Coleslaw	Saturday Brunch	Sunday Brunch
		Vegetable	Chicken Strips	Tomato, Lettuce, Cheese	House Salad	Vegetable Samosas	Potato Crisps		
		Vegetarian	Roasted Mushrooms and Steamed Broccoli	Refried Bean Tacos	Veggie Wraps	Vegetarian Curry	Vegetarian Chili		
Dessert		Ice Cream Sandwiches	Fruit Salad	Lemon Cupcakes	Watermelon Cubes	Cookies			
Morning Push	Mini Bagels	Fresh Fruit Platter	Banana Muffins	Croissants, Cinnamon Butter	Fruit Cocktail				
Snacks		The Express area will feature freshly prepared quick and easy meal alternatives, snacks, and healthy options. Highlighted from our salad program will be our Entree salads, build your own salads and bean/pasta salads. The sandwich section will be expanded to include soy-based products for students with dietary needs in addition to traditional style sandwich items.							
	Afternoon Push	Babaganoush with mini pitas	Cookies	Cheese Cubes & Grapes	Bruschetta Toasts	Party Spirals			
	Evening Push	Ham and Cheese Mini Sandwiches	Yogurt, Granola, Fruit	Mini Muffins	Mini Pizzas	Mr. Noodle/ Cup of Soup & Potato Chips			
Dinner	Entrée	Mahi Mahi Filets	Chicken Kiev	Rosemary Pork Chops	Korean Night Beef Bulgogi Sticky Rice Julienne Vegetables Sushi	Calzones Pepperoni and Cheese, Hawaiian or Vegetarian Caesar Salad	Grilled Short Ribs	Roast Beef	
	Starch	Pineapple Salsa	Parmesan Risotto	Scalloped Potatoes			Orzo Pilaf	Yorkshire Pudding	
	Veg	Jasmin Rice	Corn	Honey buttered Carrots			Corn Medley	Mashed Potatoes	
	Vegetarian	Broccoli Bake	Buttered Noodles	Peas			Stuffed Peppers	Green Beans	
	Dessert	Ice Cream Cake	Cheesecake	Frozen Chocolate Bananas	Worms in Dirt	Chocolate Cake	Brownies	Ice Cream Sundaes	
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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Week Three	Breakfast	Entrée	Bagel Sandwich	Cheese Scramble	Waffles with Berries	Cheese Frittata	French Toast Fingers	Saturday Brunch Sunday Brunch	
		Side#1	Potato Triangles	Bacon	Sausage patties	Grilled Ham	Poached Eggs		
		Side#2	Ham	Pom Pom Potatoes	Hashbrowns	Homefries	Bacon		
		Bakery	Assorted Bake Goods	Assorted Bake Goods	Assorted Bake Goods	Assorted Bake Goods	Assorted Bake Goods		
	Available Daily Juice, Milk, Coffee, Tea, Hot & Cold Cereal, Yogurt and Granola & Hard Boiled Eggs								
	Lunch	Soup	Butternut Squash Soup	Chicken Noodle	Mushroom Soup	Miso Soup	Beef Barley		
		Entrée	Tortellini with Marinara Sauce	Chow Mein Salad with Crispy Chicken	Foot Long Subs	Quesadillas-chicken, corn and black bean	Chicken Burgers		
		Starch	Garlic Bread	Potstickers	Potato Salad	Fresh Guacamole & Salsa	French Fries		
		Vegetable	Chorizo Sausage Rounds	Julienned Carrots	Dill Pickle Spears	Nacho Chips	Fresh Vegetable Platter		
		Vegetarian	Tortellini with Grilled Zucchini	Chow Mein Salad with fresh Vegetables	Grilled Veggie Subs	Black Bean and Corn Quesadillas	Falafels, Hummous		
Dessert		Drumsticks	Fruit Salad	Cookies	Strawberries & dip	Fruit Platter			
Snacks	Morning Push	Yogurt, Fresh Fruit, Granola	Raspberry Muffins	Chocolate Croissants	Grapes & Honeydew	Cheese & Crackers			
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	Afternoon Push Evening Push	Tea Biscuits	Garlic Bread	Fresh fruit, cream cheese dip	Jamaican Patties	Roasted Red Pepper Dip, pitas and vegetables			
		Veggies & dip	Egg Salad Pinwheels	Granola Bars	Pizza Rolls	Taco Dip, nacho chips			
Dinner	Entrée	Maple Glazed Salmon Filets	Grilled Chicken Breasts	BBQ Ribs	Shrimp Linguini Garlic Bread Mozzerella Fingers Fresh Broccoli Linguini	Steak Night Garlicky Mashed Potatoes Corn on the Cob Grilled Peppers	Build your own Fajita Night	Roasted Turkey	
	Starch	Basmati Rice	Roasted Baby Potatoes	Baked Potatoes			Chicken, Beef, Rice	Stuffing & Gravy	
	Veg	Baby Bok Choy	Grilled Zuchinni & Asparagus	Assorted Toppings			Lettuce, tomatoes, cheese	Parisienne Potatoes	
	Vegetarian	Whole wheat pasta primavera	Curried Chick Peas	Breaded Mushrooms			Sour cream, Jalapenos, Salsa	Asparagus	
	Dessert	Fudge	Berry Crumble	Homemade Pie	Tartufo	Milkshakes	Brownies	Ice Cream	

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Week Four	Breakfast	Entrée	Cheese Scramble	Banana Pancakes	Ham and Egg on Croissants	Eggs Benedict	Pancakes with Berries	Saturday Brunch Sunday Brunch	
		Side#1	Ham Steaks	Bacon	Sausages	Home fried Potatoes	Poached Eggs		
		Side#2	Potato Patties	Homefried Potatoes	Hash brown	Fresh Grapefruit	Bacon		
		Bakery	Assorted Bake Goods	Assorted Bake Goods	Assorted Bake Goods	Assorted Bake Goods	Assorted Bake Goods		
	Available Daily Juice, Milk, Coffee, Tea, Hot & Cold Cereal, Yogurt and Granola & Hard Boiled Eggs								
	Lunch	Soup	Chick pea & Tomato Soup	Chicken & Vegetable Soup	Tomato Soup	French Onion Soup	Mulligatawny Soup		
		Entrée	Spagetti & Meatballs	Grilled Chicken Breasts	Grilled Cheese Sandwiches	Sweet & Sour Pork and Pineapple Stirfry	Customized Pizza		
		Starch	Focaccia Bread	Baby Red Potatoes	Kielbasa & Cheese Platter	Basmati Rice	Cheese Pizza		
		Vegetable	Caesar Salad	Greek Salad	Mixed Green Salad	Spring Rolls	Veggie Pizza		
		Vegetarian	Spagetti primavera	Grilled Peppers & Goat Cheese	Grilled Cheese & Tomato Sandwiches	Sweet & Sour Vegetable and Pineapple Stirfry	Roasted Vegetable Pasta		
Dessert		Vanilla Ice Cream	Fruit Salad	Rice Krispy Squares	Fruit Tarts	Grapes and Watermelon			
Snacks	Morning Push	Cereal	Fresh Fruit, Yogurt Dip	Cruellers	Fresh Fruit Platter	Bagel O's			
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	Afternoon Push Evening Push	Antipasto Platter	Fudge	Mango Smoothies	S'mores	Nacho Dip, tortilla chips			
		Croissant Sandwiches	Nuts & Bolts	Tea Biscuits	Blueberry Muffins	Frozen Chocolate Dipped Bananas			
Dinner	Entrée	Crabcakes	Jambalaya with Chorizo Sausage and Shrimp	Sweet Chili Chicken Stir fry	Tostada Night assemble your own tostada with chicken, cheese, tomatoes, salsa, beef, jalapenos, sour cream, fresh guacamole,peppers and onions	Pub Night !! Chicken Wings, Sweet Potato Fries, Celery & Carrot Sticks, Nachos, Mozz Sticks with dipping sauce, chicken fingers	Grilled Chicken Thighs	Roast Pork	
	Starch	Dim Sum	Corn Bread	Basmati Rice			Cous Cous	Creamy Mustard Sauce	
	Veg	Chow Mein Noodles	Broccoli Spears	Spring Rolls			Vegetable Kebabs	Whipped Potatoes	
	Vegetarian	Stir fried Vegetables	Jambalaya with Peppers and Zucchini	Whole Wheat Pasta with asparagus and tomatoes	Pesto Penne	Fresh Vegetable Medley			
	Dessert	Apple Blossoms	Fresh Fruit Cheesecake	Ice Cream Sundaes	Strawberries & Brownies	Belly Full Cookies	Raspberry Truffle	Peach Cobbler	

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