

BRITAIN AND WOODRUFF DINING HALLS WEEK THREE

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
3-Jul-09	4-Jul-09	5-Jul-09	6-Jul-09	7-Jul-09	8-Jul-09	9-Jul-09
BREAKFAST	BRUNCH	BRUNCH	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Scramble Eggs (V) Breakfast Cubes French Toast Sticks Grits (V) Salmon Cakes Biscuits/Gravy (D) Oatmeal (V)	Scramble Eggs (V) Cinnamon Oatmeal (Vg) Pancakes (V) Tri Taters Bacon Biscuits/Gravy (D) Chef Feature	Scramble Eggs (V) Grits (Vg) French Toast (V) Breakfast Cubes Sausage Patties Biscuits/Gravy (D) Chef Feature	Scramble Eggs (V) Cheese Grits (V,D) French Toast (V) Tater Tots Sausage Links Oatmeal (V)	Scramble Eggs Shred Potatoes Frenched Waffles Grits (V) Blast Steak Oatmeal (V)	Scramble Eggs (V) Grits (Vg) Blueberry Pancakes (V) Turkey Sausage Tri Taters Biscuits/Gravy (D) Oatmeal (V)	Scramble Eggs (V) Diced Potatoes (Vg) Raisin French Toast (V) Grits (V) Ham Biscuits/Gravy (D) Oatmeal (V)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Stroganoff Baked 3 Cheese Penne with Alfredo Sauce (D) Gri Cakes with Corn and Red Pepper Salsa (V)(LF) Bowtie Pasta (V) Russian Blend Veggies	Fried Chicken Cheesy Squash Casserole (V) (D) Mashed Potatoes (V) Cream Gravy (D) Greens	Beef Carnitas Sweet Potato Polenta (V) (D) Spanish Rice (V) Black Beans (V)(LF)	Chicken Fried Rice Home Made Corn Dogs Baked Wild Mushroom Ravioli (V) (D) Smiley Fries (V) California Mixed Veg (V)	Fried Catfish Filets Cajun Battered Chicken Breast Baked Macaroni & Cheese with Tomato (V) (D) Hush Puppies Cauliflower (V)(LF)	Italian Sausage with Peppers and Onions Bacon and Cheese Quiche (D) Eggplant Parmesan (V) (D) Spaghetti Sautéed Squash (V)	Linguini with White Clam Sauce Pesto Crusted Chicken Breast Sand (D) Grilled Vegetable Rascotto (V) (D)(V) Egg Noodles (D)(V) Steak Fries
VEGGIE CENTRAL	VEGGIE CENTRAL	VEGGIE CENTRAL	VEGGIE CENTRAL	VEGGIE CENTRAL	VEGGIE CENTRAL	VEGGIE CENTRAL
Brown rice (V) (LF) Chick Peas (V) (LF) Steamed Broccoli (V) (LF) Brussels Sprouts (V)			Yellow Rice (V) (LF) Black Beans (V) (LF) Roasted Veggies (V) (Vg) Broccoli (V)	Baked Potatoes (V) (LF) (Vg) Baked Sweet Potatoes (V) (LF) Baked Beans Southern Fried Vegetables (V)	Brown Rice (V) (LF) Butter Beans Broiled Tomato (V) (LF) Bahama Blend (V)	Baked Potatoes (V) (LF) Baked Sweet Potatoes (V) (LF) California Vegetable Blend (V) Corn (V)
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Pork Lo Mein Teriyaki Roast Chicken Tofu Fried Rice (V) (Vg) Rice (V) Mixed Veg	Sauerbraten Grilled Ginger-Garlic Chicken Breast German Onion and Sour Cream Pie (V) (D) Potato Pancakes (Vg) Fried Red Cabbage (V)	Roast Turkey With Fresh Cranberry Relish Chipotle BBQ Salmon Burger Portobello Caccadore (V) Sage Stuffing Peas and Carrots (V)(LF)	Chicken Breast with Mushroom and Peas in Shalot and Garlic Cream Sauce (D) Grilled Montreal Sirloin Steak Greek Cakes with Spinach and Feta (V) (D) Orzo Pilaf (V) (Vg) Sugar Snap Peas (V) (Vg)(LF)	Beef and Mushroom Sandwiches with Rich Sour Cream and Red Onion Dressing (D) Chicken Paprikash 5 Cheese Lasagna (V) (D) Buttered Noodles (V) (D) Corn (V)	Old Fashioned Meatloaf Baked Gnocchi w/ Pineapple Salsa and Red Curry (V) with Potato, Red Pepper and Eggplant (Vg) (D) Garlic Mashed Potatoes (V) Glazed Carrots (V)	Roast Chicken Sandwiches with Wild Rice and Cranberry Sauce Grilled Marinated Pork Chops BBQ Tofu Culet (V) (Vg) (LF) Mashed Potatoes/Gravy Collard Greens Braised with Ham Hocks
VEGGIE CENTRAL	VEGGIE CENTRAL	VEGGIE CENTRAL	VEGGIE CENTRAL	VEGGIE CENTRAL	VEGGIE CENTRAL	VEGGIE CENTRAL
Rice (V) Bean Stew (V) (LF) Green Beans (V) (LF) Honey Glazed Carrots (V)	Dirty Rice Red Beans (V) Corn Pudding (V) Fried Okra (V)	Baked Potato Bar (V) (LF) Blackeyed Peas (V) (LF) Pole Beans (V) (LF) Zucchini (V)	Rice (V) Red Beans (V) (LF) Chuckwagon Blend (V) (LF) Stewed Tomatoes (V) (LF)	Baked Potatoes (V) (LF) Baked Sweet Potatoes (V) (LF) Braised Cabbage Capri Vegetables (V)(LF)	Jasmine Rice (V) (LF) Chick Peas (V) (LF) Green Beans/Tomato/Corn (V) (LF) Butternut Squash (V) (LF)	Sweet Potato Souffle (V) Green Beans (V) (LF) Fried Okra (V) Corn on the Cob (V) (LF)
ENCORE	ENCORE	ENCORE	ENCORE	ENCORE	ENCORE	ENCORE
	Super Nacho Bar (D)	Chicken Quesadilla (D)				Gyro
SHOWTIME	SHOWTIME	SHOWTIME	SHOWTIME	SHOWTIME	SHOWTIME	SHOWTIME
		Closed		Lo Mein	Philly cheese (D)	
GRILL SPECIAL	GRILL SPECIAL	GRILL SPECIAL	GRILL SPECIAL	GRILL SPECIAL	GRILL SPECIAL	GRILL SPECIAL
PASTA STATION	PASTA STATION	PASTA STATION	PASTA STATION	PASTA STATION	PASTA STATION	PASTA STATION
Pho Friday			Nachos (D)			
SALAD BY DESIGN	SALAD BY DESIGN	SALAD BY DESIGN	SALAD BY DESIGN	SALAD BY DESIGN	SALAD BY DESIGN	SALAD BY DESIGN
PIZZA FEATURE	PIZZA FEATURE	PIZZA FEATURE	PIZZA FEATURE	PIZZA FEATURE	PIZZA FEATURE	PIZZA FEATURE
Hawaiian Pizza (D)	Bacon Ranch (D)	Bacon Ranch Pizza (D)	Bacon Ranch Pizza (D)	Bacon Ranch Pizza (D)	Bacon Ranch Pizza (D)	Bacon Ranch Pizza (D)

Check out the GT Dining website at www.gatecdining.com

Menu Designations (V)=Vegetarian, (Vg)= Vegan, (D)= Dairy, (LF)= Low Fat