

Crestwood Weekly Rotating Menu January-March 2010



Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Burrito with Egg and Havarti	Peameal Bacon Breakfast Bun	Western Egg Sandwich	Crestwood Stackers (english muffin with sausage and cheese)	Toasted Bagel with tomato and swiss
<i>Available Daily: assorted fresh fruit, baked goods, yogurt, coffee, tea</i>					
Entrée 1	Homemade Macaroni and Cheese Tossed Salad	Grilled Cheese Triples Kettle Chips	Meatloaf Garlic Mashed Potatoes Green Beans	Whole wheat Penne Marinara Sauce, Garlic Bread Stick	Cheddar Quiche with Broccoli and Bacon, Mixed Green Salad
Entrée 2	Texas Chili served in a Breadbowl	Chicken Stir fry, Scented Jasmin Rice	Grilled Sausage Sandwich, Sweet Potato Wedges	BBQ Drumsticks. Roasted Potatoes, Glazed Carrots	Baked Chicken Fingers Potato Wedges Veggie Sticks
<i>Available Daily: assorted fresh fruit, baked goods, healthy snacks, milk, water and juice</i>					
VEGETARIAN	Homemade Macaroni and Cheese	Tofu Stir fry with Scented Jasmin Rice	Cheesy Tortellini with Caesar Salad	Whole wheat Penne Marinara Sauce, Garlic Bread Stick	Cheddar Quiche with Broccoli Mixed Green Salad
Salads Grab N Go	Spring Mix	Romaine Salad	Tossed Salad	Spinach Salad	Caesar Salad
	Tuna Sandwich Hummus with Pitas Pizza Pizza	Submarines Veggie Spring Rolls Chicken Burger	Egg Salad Sushi Pizza Pizza	Veggie and Feta Wrap Sushi Cheeseburger	Chef's Choice Chef's Choice Chef's Choice
<i>The Grab N Go area features freshly prepared quick and easy meal alternatives for students on the go!</i>					

Crestwood Weekly Rotating Menu January-March 2010



Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	BLT Breakfast Sandwich	Potato and egg wrap	Sausage McMuffin	Build your own Omelette	Spinach with Egg and Mushroom Wrap
<i>Available Daily: assorted fresh fruit, baked goods, yogurt, coffee, tea</i>					
Entrée 1	Linguini Alfredo Garlic Breadstick	Samosas Curried Noodles	Sub Day Carrot and Celery Sticks	Veggie Quesadillas Corn Chips Salsa	All Beef Burger Shoestring Fries lettuce, tomatoe
Entrée 2	Roasted Chicken with lemon and leek Rice Mixed Vegetables	Shepherd's Pie Mixed Green Salad	Chicken Balls Sweet and Sour Sauce Shanghai Noodles	Lasagna Caesar Salad	Baked Tilapia Fingers Whole grain Rice Peas
<i>Available Daily: assorted fresh fruit, baked goods, healthy snacks, milk, water and juice</i>					
VEGETARIAN	Linguini Alfredo Garlic Breadstick	Vegetable Samosas Curried Noodles	Cheese Sub Carrot and Celery Sticks	Veggie Quesadillas Corn Chips Salsa	Veggie Burgers Shoestring Fries lettuce, tomato
Salads Grab N Go	Spring Mix	Romaine Salad	Tossed Salad	Spinach Salad	Caesar Salad
	Pizza Pizza Tuna Sandwich Hummus with Pitas	Chicken Burger Turkey with Swiss Veggie Spring Rolls	Pizza Pizza Egg Salad Sushi	Jamican Patty Grilled Veg Ciabatta Sushi	Chef's Choice Chef's Choice Chef's Choice
<i>The Grab N Go area features freshly prepared quick and easy meal alternatives for students on the go!</i>					

Crestwood Weekly Rotating Menu January-March 2010



**W
e
e
k

3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Chorizo Sausage with Egg Wrap	Croissant Egg Sandwiches	English Muffin with egg and Hollandaise	Whole Wheat Bagel Sandwich with Country Ham	Assorted Egg Wrap
Available Daily: assorted fresh fruit, baked goods, yogurt, coffee, tea					
Entrée 1	Maui Meatballs Corn with red peppers, Infused Rice	Perogies Caramelized onions Bacon, sour cream Garden Salad	Cheesy Tortellini with Tossed Salad Salad	Mini Chicken Burgers Cucumber Rounds,	Panzerotti Caesar Salad
Entrée 2	Butter Chicken Naan Bread	Teriyaki Beef Baby Bok Choy Chow Mein Noodles	Crunchy Cod Nuggets Homemade tartar Coleslaw Steamed Rice	Rumba Wraps Grilled chicken, corn, black beans and salsa Chips with guacamole	Beef Stew Whole wheat dinner rolls
Available Daily: assorted fresh fruit, baked goods, healthy snacks, milk, water and juice					
VEGETARIAN	Tofu Corn with red peppers, Infused Rice	Perogies Caramelized onions Sour Cream Garden Salad	Cheesy Tortellini with Tossed Salad Salad	Veggie Burgers Cucumber Rounds,	Veggie Panzerotti Caesar Salad
Salads Grab N Go	Spring Mix	Romaine Salad	Tossed Salad	Spinach Salad	Caesar Salad
	Pizza Pizza Tuna Sandwich Hummus with Pitas	Chicken Burger Turkey with Swiss Veggie Spring Rolls	Pizza Pizza Egg Salad Sushi	Cheeseburger Grilled Veg Ciabatta Sushi	Chef's Choice Chef's Choice Chef's Choice
The Grab N Go area features freshly prepared quick and easy meal alternatives for students on the go!					