

# ★ ★ ★ MENU ★ ★ ★

## SAMPLE

BREAKFAST 8:00 am - 11:00 am	<b>MONDAY</b> Cheese Omelet	<b>TUESDAY</b> Nutella Stuffed French Toast	<b>WEDNESDAY</b> Belgium Waffles Blueberry Syrup	<b>THURSDAY</b> Ham & Cheese Omelet	<b>FRIDAY</b> Bacon, Egg and Cheese Croissant	
	LUNCH 11:30 am - 3:00 pm	<b>Pulled BBQ Pork Sandwich Cheddar</b>	<b>Nachos w/ Chili &amp; Cheese Sauce</b>	<b>Fried Chicken Sandwich w/ Cheddar Cajun Mayo</b>	<b>Pizza</b>	<b>Slow Cooked BBQ Beef Sandwich Pepper Jack</b>
		<b>DELI</b>	<b>Tuna Salad</b>	<b>Seafood Salad Wrap</b>	<b>Buffalo Chicken</b>	<b>Italian Sub</b>
<b>DINNER</b> 4:00 pm - 7:00 pm	<b>Steak &amp; Vegetable Stew or Eggplant Parmesan</b>	<b>Roast Loin of Pork Mushroom Gravy</b>	<b>Chicken Marsala or Tri Color Tortellini</b>	<b>Salisbury Steak w/ Mushrooms, Onions &amp; Cheese</b>	<b>BBQ Chicken</b>	

**SATURDAY & SUNDAY**

**Brunch**

**11:00 am - 2:30 pm**

**SATURDAY & SUNDAY**

**Dinner**

**4:00 pm - 7:00 pm**

*Enjoy!*



**THE UPBEAT**

MENU SUBJECT TO CHANGE  
(Vegetarian/Vegan Options are available  
Upon Request)



FIVE TOWNS COLLEGE