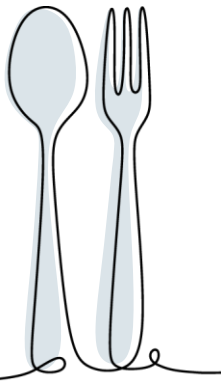


November 29<sup>th</sup> –  
December 3<sup>rd</sup>, 2021

Monday – Friday  
7:00 am – 9:30 am  
11:00 am – 1:30 pm



# THIS WEEK'S MENU FEATURES

MONDAY

## Breakfast

**Fuel** scrambled eggs with **Fuel** turkey sausage, beyond meat sausage or bacon & biscuits and gravy, spinach tomato goat cheese frittata with breakfast meat, **Fuel** fresh fruit, breakfast burrito or sandwiches, **Fuel** old fashioned oatmeal with toppings, Irma's breakfast feature

## Chandler Public House

**Fuel** grilled chicken sandwich, **Fuel** grilled salmon, Trini's lunch special

## DIY

**Fuel** chicken green chili, beef stew, **Fuel** three-bean vegan chili, **Fuel** steamed white rice, **Fuel** steamed broccoli & cauliflower

TUESDAY

## Breakfast

**Fuel** scrambled eggs with **Fuel** turkey sausage, beyond meat sausage or pork sausage & french toast, artichoke and artichoke and spinach frittata with breakfast meat, **Fuel** fresh fruit, breakfast burrito or sandwiches, **Fuel** old fashioned oatmeal with toppings, Irma's breakfast feature

## Chandler Public House

**Fuel** grilled chicken sandwich, **Fuel** grilled salmon, Trini's lunch special

## DIY

chicken tinga tacos, pork carnitas tacos, cauliflower pastor chorizo tacos, **Fuel** spanish rice, **Fuel** black beans

WEDNESDAY

## Breakfast

**Fuel** scrambled eggs with **Fuel** turkey sausage, beyond meat sausage or bacon & buttermilk pancakes, loaded quiche with breakfast meat, **Fuel** fresh fruit, breakfast burrito or sandwiches, **Fuel** old fashioned oatmeal with toppings, Irma's breakfast feature

## Chandler Public House

**Fuel** grilled chicken sandwich, **Fuel** grilled salmon, Trini's lunch special

## DIY

chicken posole, pork carnitas quesadilla, spinach & cheese quesadilla, **Fuel** spanish rice, fajita vegetables

THURSDAY

## Breakfast

**Fuel** scrambled eggs with **Fuel** turkey sausage, beyond meat sausage or bacon & biscuits and gravy, southwest egg frittata with breakfast meat, **Fuel** fresh fruit, breakfast burrito or sandwiches, **Fuel** old fashioned oatmeal with toppings, Irma's breakfast feature

## Chandler Public House

**Fuel** grilled chicken sandwich, **Fuel** grilled salmon, Trini's lunch special

## DIY

**Fuel** roasted chicken thigh, **Fuel** lemon herb white fish, rosemary garlic tofu, **Fuel** roasted asparagus, **Fuel** wild rice medley

FRIDAY

## Breakfast

**Fuel** scrambled eggs with **Fuel** turkey sausage, beyond meat sausage or pork sausage & french toast, breakfast potato casserole with breakfast meat, **Fuel** fresh fruit, breakfast burrito or sandwiches, **Fuel** old fashioned oatmeal with toppings, Irma's breakfast feature

## Chandler Public House

**Fuel** grilled chicken sandwich, **Fuel** grilled salmon, Trini's lunch special

## DIY

sweet & sour chicken, sweet & sour shrimp, soy ginger grilled tofu, **Fuel** steamed brown rice, **Fuel** roasted vegetables

## DON'T MISS THIS

### Functional Food Breakfast 12/1

**Fuel** kale, tomato egg white scramble

### Functional Food Lunch 12/1

**Fuel** cranberry bbq chicken sandwich with balsamic brussels sprouts & apple cranberry slaw

### Irma's Weekly Pizza Tuesday & Thursday

hawaiian pizza, pepperoni pizza, peppers & onions pizza

### Trini's Wednesday Wild Greens To-Go

asparagus, turkey & goat cheese salad garden veggie wrap

