



THIS WEEK'S MENU FEATURES

December 6th – 10th , 2021

Monday – Friday

07:00 am – 01:30 pm

MONDAY

Breakfast

Fuel Scrambled Eggs, Breakfast Potatoes, Biscuit and Gravy, Pork Sausage, Veggie Sausage, Eggs Florentine, Oatmeal

Comfort

Chicken and Dumplings or Mushroom and Dumplings, **Fuel** Cinnamon Glazed Carrots

Mashup

Spicy Vietnamese Pork or Tofu, **Fuel** Vietnamese Cucumber Salad, **Fuel** Cilantro Rice

Tabla

Taco Salad with Chicken, Beef or Tofu, **Fuel** Spanish Rice, Black Beans

TUESDAY

Breakfast

Fuel Scrambled Eggs, Breakfast Potatoes, Biscuit and Gravy, Pork Sausage, Veggie Sausage, Eggs Florentine, Oatmeal

Comfort

Swedish Meatballs or Beyond Meatballs, Egg Noodles, Buttered Peas, Cranberry Sauce

Mashup

Fuel Grilled Chicken Thigh or Tofu, Chipotle Chimichurri, **Fuel** Dijon Roasted Potatoes, **Fuel** Roasted Vegetables

Tabla

Two corn tacos with Chicken, Beef or Tofu, **Fuel** Spanish Rice, Black Beans

WEDNESDAY

Breakfast

Fuel Scrambled Eggs, Breakfast Potatoes, Buttermilk Pancakes, Pork Sausage, Veggie Sausage, Eggs Florentine, Oatmeal

Comfort

Southwestern Chicken and Risotto or Corn and Tomato Risotto, Garlic Bread, **Fuel** Garden Salad

Mashup

Fuel Cranberry Ginger Rockfish or Tofu, **Fuel** Cumin Potatoes, **Fuel** Garlic Broccoli and Cauliflower

Tabla

Nachos with Chicken, Beef, or Tofu, **Fuel** Spanish Rice, Black Beans

THURSDAY

Breakfast

Fuel Scrambled Eggs, Breakfast Potatoes, Biscuits and Gravy, Pork Sausage, Veggie Sausage, Eggs Florentine, Oatmeal

Comfort

Fuel Chicken Souvlaki or Lentil Patty, **Fuel** Mezze Spiced Potatoes, Rosemary Garlic Hummus, Naan, Tzatziki

Mashup

Lomo Saltado or Mushroom Stir Fry, **Fuel** Salsa Criolla, Peruvian Potatoes

Tabla

Burrito with Chicken, Beef, or Tofu, **Fuel** Spanish Rice, Black Beans

FRIDAY

Breakfast

Fuel Scrambled Eggs, Breakfast Potatoes, Blueberry Pancakes, Pork Sausage, Veggie Sausage, Eggs Florentine, Oatmeal

Comfort

Beef Meatloaf or Beyond Patty, Mashed Potatoes, Gravy, **Fuel** Sauteed Peppers, Zucchini, Onions, and Celery

Mashup

Fuel Chicken Parmesan or Eggplant Parmesan, Penne Pasta, Marinara, **Fuel** Broccoli, Garlic Cheese Bread

Tabla

Chicken, Pork or Tofu, **Fuel** Spanish Rice, Black Beans

DON'T MISS THIS

Wellness Wednesday

Highlighting This Month's Functional Food: Cranberries

Breakfast Special

Fuel Sweet Potato Kale Frittata with Fruit

Lunch Special

Fuel Cranberry Ginger Rockfish, **Fuel** Cumin Roasted Potatoes, **Fuel** Garlic Broccoli and Cauliflower @PPH

Join Us On Wednesday, December 8th As We Celebrate National Brownie Day!

