



THIS WEEK'S MENU FEATURES

December 6th – 10th, 2021

Monday – Friday

7:00 am – 2:00 pm

MONDAY

Breakfast

Buttermilk Pancakes, Breakfast Potatoes and Choice of Protein

Mash Up

Fuel Chicken Fajitas or Roasted Mushroom Fajitas with **Fuel** Brown Rice, Black Beans and Lime Crema

Comfort

Fuel BBQ Shrimp or **Fuel** Blackened Tempeh with **Fuel** Creamy Polenta, **Fuel** Lemon Garlic Kale and Creole Sauce

TUESDAY

Breakfast

French Toast, Breakfast Potatoes and Choice of Protein

Mash Up

Fuel Chicken Chettinad or Vegetable Masala with **Fuel** Steamed Rice, Lentil Dal, Cucumber Raita and Pita Bread

Comfort

Beef Bolognese or Beyond Bolognese with **Fuel** Garden Salad, **Fuel** Penne Pasta and Garlic Bread

WEDNESDAY

Breakfast

Biscuits and Sausage Gravy, **Fuel** Scrambled Eggs, Breakfast Potatoes and Choice of Protein

Mash Up

Chicken Parmesan or Vegan Chick'n Parmesan with **Fuel** Sauteed Zucchini and Garlic Herb Spaghetti

Comfort

Fuel Meal: Cranberry Ginger Tilapia or Cranberry Ginger Tofu with Cumin Potatoes and Roasted Broccoli and Cauliflower

THURSDAY

Breakfast

French Toast, **Fuel** Scrambled Eggs, Breakfast Potatoes and Choice of Protein

Mash Up

Gochujang Chicken or Gochujang Tofu with **Fuel** Brown Rice, **Fuel** Korean Broccoli and House Pickled Vegetables

Comfort

Fuel Carolina Chopped Pork or Pulled Jackfruit with **Fuel** Blistered Green Beans, Garlic Roasted Potatoes and Cornbread

FRIDAY

Breakfast

Hash Crash Scramble and Choice of Protein

Mash Up

Beef Yakisoba or Tofu Yakisoba with **Fuel** Stir Fried Vegetables and Teriyaki Sauce

Comfort

Fuel Huli Huli Chicken or Sweet Chili Vegan Chick'n with **Fuel** Jasmine Rice, **Fuel** Pineapple Slaw and Mac Salad

DON'T MISS THIS

Wellness Wednesday

Highlighting This Month's Functional Food: Cranberries

Breakfast Special

Fuel Sweet Potato, Kale and Pecan Frittata with Minted Berries @Breakfast

Lunch Special

Fuel Cranberry Ginger Tilapia or Cranberry Ginger Tofu with Cumin Potatoes and Roasted Broccoli and Cauliflower @Comfort

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

