

WRCC Weekly MENU

Mar 4th – 8th

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING
EDITIONS

*Egg Back Bacon,
Cheese Bagel/ Egg
Bacon and Cheese
Wrap*

*Western Omelette
Wrap/ Egg &
Roasted Veggie
Fold*

*Egg and Bacon on
a Plain Croissant/
Cheese Omelette
Wrap*

*Breakfast Burrito
with Ham/ Sausage,
Egg and Cheese
Muffin*

*Egg Back Bacon,
Cheese Biscuit/ Egg
& Roasted Veggie in
a Pita*

SOUP
EMPORIUM

*Red Thai Chicken
Curry*

*Autumn Butternut
Squash*

Chicken Noodle

Italian Wedding

*Roasted Garlic &
Tomato*

ENTREE 1

*Pad Thai Chicken Stir
fry Egg Noodles*

*Chicken Teriyaki
Stir Fry, Steamed
Rice , Choice of
Veggies*

*Pho Rice Noodles
or Egg Noodles*

*Szechuan Beef Stir
Fry with Jasmine
Rice*

*Pasta Bar, Choice of
Tomato Sauce or
Alfredo, Whole
Wheat Penne*

ENTREE 2
VEGETARIAN

*Macaroni and Cheese
Choice of Side Salad*

*Veggie Lasagna
with tomato sauce,
choice of salad*

*Manicotti, choice
of Side Salad*

*Chana Masala,
Choice of Side Salad*

*Perogies with Sour
Cream, Choice of
Side Salad*

SIDE SALADS

*Wild Rice with
Pomegranate
Dressing/ Couscous
with Tomato*

*Brown Rice Apple
Cranberry/ Potato
Salad*

*Greek orzo with
Feta/ Broccoli
Slaw with
Currents*

*Carrot & Raisins/
Quinoa & Berries
Salad*

*Couscous with
Tomato/ Mango &
Green Cabbage*

WHEAT STREET
DELI

*Albacore Tuna Salad
Panini/ Cranberry
Brie Flat Bread/
Roast Beef, Spinach &
Horseradish on a
Baguette*

*Bruschetta w/
Mozzarella on
Flatbread/ Egg
Salad Wrap/
Grilled Chicken,
Red Onion &
Pesto Panini*

*Turkey Cheddar
& Ranch Wrap/
Southwest
Flatbread/ Jerk
Chicken Caesar
Wrap/ BLT on a
Panini*

*Beef & Sundried
Tomato Flat Bread/
Chunky Chicken
Salad Wrap/ Roasted
Veggies with
Hummus in a Pita*

*Egg Salad Wrap/
Chicken Spinach and
Mango Panini/
Turkey Club Pita*



WRCC Weekly MENU

Mar 11th – 15th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING EDITIONS	<i>Sausage Egg, Cheese Pancake Stacker/ Egg, Spinach & Tomato Fold</i>	<i>Egg and Cheese on a Croissant/ Breakfast Burrito with Bacon</i>	<i>Sausage, Egg and Cheese Muffin/ Western Omelette</i>	<i>Egg, & Sausage Bagel/ Egg, Bacon, Cheese Biscuit</i>	<i>Breakfast Burrito with Sausage/ Sausage, Egg, Cheese Pancake Stack</i>
SOUP EMPORIUM	<i>Chicken Gumbo/ Cream of Broccoli and Cheese</i>	<i>Garden Vegetable/ Cream of Chicken</i>	<i>Cream of Mushroom/ Chicken Noodle</i>	<i>Cream of Leek & Potato/ Chicken Rice</i>	<i>Vegetable Florentine/ French Canadian Pea</i>
ENTREE 1	<i>Meatloaf, Mashed Potatoes, Glazed Baby Carrots</i>	<i>Baked Jerk Chicken, Rice & Peas, Butternut Squash</i>	<i>Shepherds Pie, Choice of Salad</i>	<i>Blackened Chicken Breast, Seasoned Rice & Corn</i>	<i>Stuffed Pepper Choice of Salad</i>
ENTREE 2 VEGETARIAN	<i>Veggie Loaf, Choice of Side Salad</i>	<i>Manicotti, choice of Side Salad</i>	<i>Vegetarian Chili, Choice of Side Salad</i>	<i>Ratatouille with Quinoa, choice of side salad</i>	<i>Falafel in a Pita with Choice of Side Salad</i>
SIDE SALADS	<i>Original Greek Acropolis/ Noramdy Mushroom/ Crunchy Wheatberry</i>	<i>Deluxe Bean/ Broccoli Slaw with Currents/ Potato and Chive</i>	<i>Broccoli Sunflower Crunch/ Thai Noodle/ Chick Pea Deluxe</i>	<i>Original Greek Acropolis/ Normandy Mushroom/ Crunchy Wheatberry</i>	<i>Pasta, Arugula & Feta/ Roasted Corn and Quinoa/ Broccoli Slaw with Currents</i>
WHEAT STREET DELI	<i>Cheddar & Veggies Flat Bread/ Albacore Tuna Salad Wrap/ Grilled Chicken, Red Onion & Pesto Panini /Brie, Spinach, Red Onion & Pesto Panini</i>	<i>Portobello & Pesto Flat Bread/ Grilled Reuben Panini/ Chicken Caesar Wrap/ White Albacore Tuna Melt Pita</i>	<i>Mediterranean Feta Pita/ Ham, Cheddar & Dijon Panini/ Roast Beef, Monterey Jack & Salsa Wrap/ Chicken Greek Flatbread</i>	<i>Chicken Quesadilla Flat Bread/ Chunky Chicken Salad Pita/ Beef, Spinach & Mango Wrap/ Portobello & Pesto Panini</i>	<i>Beef Burrito/ Ham & Swiss Flat Bread/ Turkey & Veggies Pita/ Brie, Spinach, Red Onion & Pesto Panini</i>
MENUTAINMENT	<i>Beef Stir Fry, Steamed Rice, Choice of Orange Ginger or Teriyaki Sauce</i>	<i>Pho Rice Noodles or Egg Noodles</i>	<i>Chicken Pad Thai</i>	<i>Ginger Beef Stir Fry with Rice</i>	<i>Pasta Bar with, Whole Wheat Pasta</i>

