

ELEMENTS CAFÉ
Open 8:00-6:00PM

October 19th – October 23rd, 2020
 **BETTER-FOR-YOU OPTION**

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Egg Sandwich	Whole Fresh Egg, American Cheese, Pork Sausage on Croissant Egg, Salsa, Collard Greens, Mushrooms, Cheddar Cheese Burrito	Whole Fresh Egg, American Cheese, Turkey Sausage on Bagel Egg White, Onion, Tomato, Spinach, Cheddar Cheese on English Muffin	Whole Fresh Egg, Bacon, Cheddar on English Muffin Egg White, Cheddar, Arugula, Peppers, Onions on Bagel	Whole Fresh Egg, Cheddar Cheese, Turkey Bacon, on Plain Bagel Vegetable Patty, Egg White, Cheddar, Scallions, Brussels Sprouts on Croissant	Whole Fresh Egg, American Cheese, Pork Sausage on Croissant Egg White, Cheddar, Zucchini, Yellow Squash, Onion Burrito
A la Carte Breakfast at Grill	Eggs and Omelets Made to Order Choice of Protein and Vegetable Sides				
Grab & Go	Assorted Yogurt Parfait Cups, Seasonal Fresh Fruit Cups Assorted Grab and Go Sandwich and Salad Selections				
LUNCH & DINNER					
Soup	Vegetable Minestrone	Clam Chowder	Vegetarian Chili	Chicken Pumpkin	Black Bean Soup
Market	Lemon Roast Chicken Green Chili Pork Stew Vegetable & Quinoa Stew Roasted Brussels Sprouts	Turkey Breast with Mushrooms Tomato Basil Baked Tofu Braised Collard Greens Red Bliss Mashed Potatoes	Chicken Schnitzel Vegetable Cake with Pepper Coulis Roasted Red Beets with Caraway Seeds Sautéed Green Cabbage, Onion, Pumpkin	Cajun Blackened Chicken Honey Bourbon Glazed Pork Vegetable Gumbo Dirty Rice with Tomato, Pepper, Celery and Paprika	Garlic Pork Portuguese Piri Piri Chicken Sautéed Vegetable Medley Herb Roasted Potatoes
1Action	<u>Bibimbap</u> Choice of Protein: Teriyaki Pork Belly, Ginger Sesame Tofu, Chicken Choice of Toppings: Shredded Carrots, Bok Choy, Kimchi, Pickled Cucumber, Toasted Sesame Slaw, Daikon & Carrot Pickle, Fried Egg Choice of Condiments: Sesame Seeds, Scallion, Chopped Peanuts, Sesame Oil, Sriracha, Pickled Ginger, Sautéed Mushrooms, Bibimbap Sauce Bamboo Rice, Brown Rice			<u>Tiffin</u> Choice of Protein: Chicken Tikka Masala, Palak Paneer Sides: Peas and Mushroom Pulao, Aalu Gobhi (Potato and Cauliflower Curry), Rajma Sauces: Tamarind Chutney, Cilantro Chutney, Mango Chutney Served with Garlic Naan	
Deli	Visit our Made to Order Deli Station for a wide variety of sandwich options, sides and dressings.				