

7WTC CAFE | WEEKLY MENU

Jan 6th – Jan 10th

Café is open Tuesday to Thursday from
7:30am to 2:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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HOT BREAKFAST MARKET

Closed	Cage-Free Scrambled Eggs	Scrambled Eggs & Cheese	Cage-Free Scrambled Eggs	Closed
	Egg White Vegetables Frittatas 	Scrambled Egg Whites 	Egg Whites with Spinach and Mushrooms 	
	Roasted Vegetables 	Breakfast Potatoes	Tater Tots	
	Apple Chicken Sausage	Turkey Sausage	Pork Bacon	

COLD BREAKFAST MARKET

Fresh Seasonal Fruit, Berries, Greek Yogurt, Assorted Bagels, Pastries, Assorted Spreads & Jams

HOT CEREAL

Blueberry Oatmeal	Grits	Apple Cinnamon Oatmeal
Cream of Wheat VG	Oatmeal V	Cream of Wheat VG

SOUP SELECTIONS

Curry Rice & Lentil Soup V	Vegetarian Minestrone V Chicken Noodle Soup	Tomato Bisque V Clam Chowder Soup	Garden Vegetable V Baked Potato Soup	Baked Potato Soup V
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HOT KITCHEN TABLE

Closed	Tuscan Chicken	Thai Fish Cakes	Grill Garlic Butter Pork Chops	Closed
	Classic Meatballs	Thai Coconut Curry Tofu VG	Meatloaf with Creamy Mushrooms Gravy	
	Cacio e Pepe Pasta V	Cabbage Stir Fry V	Rice Pilaf V	
	Sauté Green Beans VG	Jasmine Rice VG	Roasted Squash & Zucchini VG	

THRIVE APP ORDER-GRILL SPECIAL

Closed	Grill Special: Chicken Quesadilla with Pico & Sour Cream Serve with French Fries	Grill Special: Chicken Quesadilla with Pico & Sour Cream Serve with French Fries	Grill Special: Chicken Quesadilla with Pico & Sour Cream Serve with French Fries	Closed

MARKET SALAD BAR

Salad Greens, Fresh Vegetable Crudités & Fruit, Wholesome

Beans & Grains, Lean Proteins & Cheeses, Salad Dressings &

Vinaigrettes, Toppings

Raw Food: A Selection of Seasonal, Nutrient-Dense Salads in Their Most

Natural State Antipasti: Daily Selection of Seasonal Marinated & Grilled

Vegetables, Grain & Bean Salad

V vegetarian

VG vegan

 better for you