



Chartwells dining Services January Menu 2019

GET FRESH.
BUY LOCAL.

create

This month we're celebrating autumn squash



in your café!

extra.
extra

List snack and beverages
Featuring:

- After School snack program 2:30pm-3:15pm
- Pre-made salads, sandwiches
- Grab and go snacks

ON THE GO
Daily
Specials

Assorted pre-packaged entrée salads and deli

Daily Specials may include...
Chicken Caesar Wrap, Chicken Caesar Salad, Turkey Club Sandwich, Italian Sub and Yogurt Parfaits, Pudding Parfaits
fresh Mozz sticks, Fresh apples and oranges

	1	2	3	4
			Grilled All Natural Chicken Breast "speedie" wrap. Served with Lettuce, tomato and American cheese. Steak fries	Chef's three cheese and Pepperoni Pasta bake served our signature garlic bread Sticks
7	8	9	10	11
Memphis BBQ Rib sandwich, fried onion straws, sweet pickles. Served with curly fries	Grand Slam Breakfast Sandwich, fried egg, sausage, American cheese, hash brown on hard roll. Classic Breakfast Home fires	Oven Fried Chicken Tender with Creamy Mac and cheese Fresh Baked Biscuit	Turkey Club wrap Oven roasted turkey, bacon, lettuce and tomato and American cheese Sweet potato Fries	Gio's Pasta Alfredo topped with buffalo chicken served our signature garlic bread Sticks
14	15	16	17	18
Buffalo Chicken Burrito Grilled onions, peppers and shredded cheddar cheese. Sour cream, salsa Cheddar Broccoli and Mexican rice	Chef's French Fry bar With turkey chili, bacon and creamy cheddar cheese sauce	Generals Tso's Chicken Spicy and Sweet served with Steamed Broccoli and Steamed Jasmine rice	NYC Pepperoni Pizza Bagels Garlic Butter Pasta Italian Style Green beans	Chef's classic Beef Stroganoff over Egg Noodles Buttered Dinner Roll
21	22	23	24	25
Martin Luther King Day No classes	Our signature Garlic Bread sticks served with homemade Marinara Tortellini and Meat sauce	Oven Fried Chicken Tender Boat served with Crinkle cut fries	Smoked Dry rubbed Chicken Sandwich with bacon and pepper jack cheese Lettuce and tomato Creamy Country Mac And cheese	Shanghai Chicken Lo Mein Served with egg roll Spicy Green beans
28	29	30	31	
Fried Chicken Tender Caesar Salad wrap, with croutons, and parm cheese Creamy pesto pasta	Soft Shell Beef Twin Taco's served with cheddar cheese, salsa. Buttered White Rice Southwestern Sweet corn	Sweet and sour Tempura battered Chicken over pork fried rice Egg roll	Personal Pan Cheese Pizza Pasta Carbonara Garlic Bread stick	

Menu Subject to Change

All grain items are made with whole grains

Any questions please call Aaron Mondore, Director of Dining Services at 518-682-7428

If you have any food allergies, please let us know!

Prices: Student Meal deal \$5.00 • which includes fresh protein, starch and veg and a bottled Saratoga water
Or Arnold Palmer Tea



Available daily:
Fresh Hand Tossed Pizza

Fresh Baked Pizza

Specials for the Week

- Monday Buffalo Chicken Pizza
- Tuesday Garlic Parm Pizza
- Wednesday Assorted Calzones/ Stromboli
- Thursday Chicken Bacon Ranch
- Friday Pepperoni Pizza

grill'd

Available daily:

Hamburger or Cheeseburger or Chicken Patty

Specials for the Week

- Mondays BBQ Cheddar Chicken Sandwich
- Tuesdays Chicken Tenders with French Fries!
- Wednesdays Ham, Egg & Cheese Waffle Sandwich
- Thursdays Chef's Special with French Fries!
- Fridays Bacon Cheeseburger

SO
DELI

Fresh Made Premium deli sandwiches to order!
House Favorite pulled buffalo chicken
Make it a meal deal with a soup of the day
Bag of chips and a bottled beverage from the meal deal coolers

This institution is an equal opportunity provider and employer