

WARRIORS' CAFÉ

Main Menu

Pork Sausage Link
Grilled Lean Hamburger
Vegetable Sausage Patties
Sauteed Vegetables
Scrambled Tofu
Scrambled Eggs
Hard Boiled Eggs
Waffles
French Toast Sticks
Hot Oatmeal
Assorted Bread/Toast
Assorted Dry Cereal



When: 05 October 2024

0730-0900 - Breakfast

Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Chicken Adobo
Baked Salmon w/ Herb
Vinaigrette
Tofu Stir Fry
Green Beans
Stewed Tomatoes
Okra Mèlange
Filipino Rice
Baked Sweet Potatoes
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 05 October 2024

1130-1300 - Lunch

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Chocolate Pudding
Oatmeal Raisin Bars
Frozen Yogurt Cups
Fruit Parfait
Baked Sliced Apples

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Cranberry Glazed Chicken
Roast Beef
Savory Smashed Tofu
Citrus Beets
Cauliflower
Broccoli, Corn & Carrot Medley
Rice Medley
Italian Roasted potatoes
Gravy
Hot Bread/Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Italian Pepper Beef
Turkey Burgers
Bean Burritos



When: 05 October 2024

1700-1830 - Dinner

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Chocolate Pudding
Oatmeal Raisin Bars
Frozen Yogurt Cups
Fruit Parfait
Baked Sliced Apples

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Pork Bacon
Grilled Chicken Breast
Vegetable Sausage Patties
Sauteed Vegetables
Scrambled Tofu
Scrambled Eggs
Hard Boiled Eggs
Omelets
Pancakes
Grits
Hot Oatmeal
Assorted Bread/Toast
Assorted Dry Cereal



When: 06 October 2024

0730-0900 - Breakfast

Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

BBQ Pork Chops
Spaghetti w/ Meatballs
Spaghetti w/ Plant Based
Crumbles
Herb Green Beans
Sauteed Mushrooms & Onions
Green Beans
Mashed Potatoes
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 06 October 2024

1130-1300 - Lunch

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Marble Cake
Vanilla Pudding
Frozen Yogurt Cups

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Greek Lemon Chicken
Creole Pork Chops
Plant Based Chicken Cutlet
Butternut Squash
Broccoli
Squash & Carrot Medley
Hoppin John
Orzo w/ Lemon & Herb
Gravy
Hot Bread/Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Vegetable Pizza
BBQ Pork
Black Bean Burger



Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Marble Cake
Vanilla Pudding
Frozen Yogurt Cups

When: 06 October 2024

1700-1830 - Dinner

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Pork Bacon
Grilled Chicken Breast
Vegetable Sausage Patties
Sauteed Vegetables
Scrambled Tofu
Scrambled Eggs
Hard Boiled Eggs
Cottage Fried Potatoes
French Toast Sticks
Hot Oatmeal
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 07 October 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Teriyaki Steak
Greek Lemon Turkey Pasta
Italian Broccoli Pasta
Broccoli, Tomato & Olive Medley
Sauteed Zucchini
California Blend
Roasted Sweet Potatoes
Brown Rice
Gravy
Hot Breads/Rolls
Soup Of The Day



When: 07 October 2024

1200-1330 – 1ST Shift

1515-1650 – 2nd Shift

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Pound Cake
Rice Krispy Treats
Frozen Yogurt Cups
Fruit Parfait
Baked Sliced Apples

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Hot & Spicy Chicken
Rosemary Roast Pork Tenderloin
Potato Frittata
Ginger Glazed Carrots
Roasted Harvest Vegetables
Sauteed Garlic Kale
Caribbean Black Beans
Baked Macaroni & Cheese
Gravy
Hot Bread/Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Hot Dogs
Fishwich
Grilled Chicken Fillet



Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

White Cake
Ginger Fruit Bars
Frozen Yogurt Cups
Mixed Fresh Fruit
Vanilla Pudding

When: 07 October 2024

1700-1830 – 1ST Shift

2030-2130 – 2ND Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Grilled Lean Hamburger
Canadian Bacon
Vegetable Sausage Patties
Sauteed Vegetables
Scrambled Eggs
Scrambled Tofu
Hard Boiled Eggs
Southwestern Quinoa Casserole
Waffles
Hot Oatmeal
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 08 October 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Baked Ham
Citrus Herb Chicken
Spinach Lasagna
Herb Green Beans
Cabbage, Bulgar & Chickpea
Stew
Cauliflower
Buttered Egg Noodles
Mashed Potatoes
Gravy
Hot Breads/Rolls
Soup Of The Day



When: 08 October 2024

1700-1830 – 1ST Shift

2030-2130 – 2nd Shift

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

White Cake
Ginger Fruit Bars
Frozen Yogurt Cups
Mixed Fresh Fruit
Vanilla Pudding

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Sukiyaki Style Beef Stir Fry
Teriyaki Glazed Salmon
Tofu Stir Fry
Green Beans
Broccoli Combo
Sauteed Bell Peppers
Brown Rice
Garlic & Soy Roasted Potatoes
Gravy
Hot Bread/Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Italian Pepper Beef
Turkey Burger
Black Bean Burger



When: 08 October 2024

1700-1830 – 1ST Shift

2030-2130 – 2nd Shift

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Pound Cake
Rice Krispy Treats
Frozen Yogurt Cups
Fruit Parfait
Baked Sliced Apples

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Pork Bacon
Grilled Chicken breast
Vegetable Sausage Patties
Sauteed Vegetables
Scrambled Eggs
Scrambled Tofu
Hard Boiled Eggs
Roasted Sweet Potatoes
Pancakes
Hot Oatmeal
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 09 October 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Sesame Chicken
Bulgogi
Japanese Vegetable Stir Fry
Ginger Glazed Carrots
Steamed Broccoli
Peas
Black Beans
White Rice
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 09 October 2024

1700-1830 – 1ST Shift

2030-2130 – 2nd Shift

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Yellow Cake
Rice Krispy Treats
Chocolate Chip Cookies
Frozen Yogurt Cups
Fruit Parfait

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Honey Mustard Chicken Breast
Braised Pork Chops
Chickpea Curry & Basmati Rice
Bowl
Roasted Summer Squash
Sauteed Cabbage
Peas
Basmati Rice
Scalloped Potatoes
Gravy
Hot Bread/Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
BBQ Pork
Vegetable Pizza
Fishwich



When: 09 October 2024

1700-1830 – 1ST Shift

2030-2130 – 2nd Shift

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Yellow Cake
Rice Krispy Treats
Chocolate Chip Cookies
Frozen Yogurt Cups
Fruit Parfait

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Turkey Bacon
Grilled Lean Hamburger
Vegetable Sausage Patties
Vegetable Burrito
Sauteed Vegetables
Scrambled Tofu
Scrambled Eggs
Hard Boiled Eggs
Home Fried Potatoes
French Toast Sticks
Hot Oatmeal
Assorted Bread/Toast
Assorted Dry Cereal



When: 10 October 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Roasted Pork Loin
Salmon w/ Mediterranean Salsa
Cheesy Brown Rice & Broccoli
Roasted Summer Squash
Sugar Snap Peas
Pinto Beans
Capellini
White Potatoes
Gravy
Hot Breads/Rolls
Soup Of The Day



When: 10 October 2024

1700-1830 – 1ST Shift

2030-2130 – 2nd Shift

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Cranberry/Blueberry Cake
Apple Crisp
Rice Pudding
Baked Sliced Apples
Frozen Yogurt Cups

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Yankee Pot Roast
Chicken Cacciatore
Parmesan Cauliflower
Sautéed Bell Peppers
Ginger Glazed Carrots
Buttered Eggs Noodles
Mashed Potatoes
Gravy
Hot Bread/Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Cannonball Subs
Turkey Burger
Bean Burritos



When: 10 October 2024

1700-1830 – 1ST Shift

2030-2130 – 2nd Shift

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Cranberry/Blueberry Cake
Apple Crisp
Rice Pudding
Baked Sliced Apples
Frozen Yogurt Cups

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Grilled Salmon
Chicken Sausage
Vegetable Sausage Patties
Sauteed Vegetables
Scrambled Tofu
Scrambled Eggs
Hard Boiled Eggs
Baked Sweet Potatoes & Apples
Pancakes
Hot Oatmeal
Assorted Bread/Toast
Assorted Dry Cereal



Fitness Bar

Assorted Fruit
Assorted Yogurt
Butter Spread
Syrup
Jelly
Salsa
Cheese
Cottage Cheese
Can Fruit
Granola
Assorted Condiments

When: 11 October 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Roast Beef
Bayou Chicken Breast
Tofu Stir Fry
Cauliflower
Southern Style Kale
Baked Sweet Potatoes & Apples
Oven Browned Potatoes
Rice Pilaf
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 11 October 2024

1200-1330 – 1ST Shift

1515-1650 – 2nd Shift

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Yellow Cake
Brownies
Bread Pudding
Frozen Yogurt Cups
Fruit Parfait

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Hamburger Yakisoba
Kahlua Styled Pull Pork
Bean Burger
Vegetable Stir Fry
Roasted Carrots
Southwestern Sweet Potatoes, Black
Beans & Corn
Whole Wheat Angel Hair Pasta
Kidney Beans
Gravy
Hot Bread/Rolls
Soup of the Day

Short Order

Hamburger/Cheeseburger
Grilled Cheese
French Fries/Sweet Potato Fries
Pizza
Sloppy Joe
Hot Dogs



When: 11 October 2024

1700-1830 – 1ST Shift

2030-2130 – 2nd Shift

Salads

Salad Bar
Fresh Fruit
Sunflower Seeds
Mixed Nuts
Fruit Gelatin

Desserts

Yellow Cake
Brownies
Bread Pudding
Frozen Yogurt Cups
Fruit Parfait

MENUS ARE SUBJECT TO CHANGE