

WARRIORS' CAFÉ

Main Menu

Pork Sausage Link
Grilled Lean Hamburgers
Vegetable Sausage Patty
Sauteed Vegetables
Scrambled Tofu
Scrambled Eggs
Hard Boiled Eggs
Omelets
Grits
Home Fried Potatoes
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: 14 December 2024

0730-0900 – Breakfast

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Pineapple Chicken
Beef & Bean Burritos
Three Bean Tacos
Corn on the Cob
Sautéed Garlic Spinach
Green Bean Orange Vinaigrette
Mexican Rice
Baked Macaroni & Cheese
Gravy
Hot Rolls/Bread
Soup Of The Day



When: 14 December 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

Lasagna
Baked Pollock
Spinach Lasagna
California Blend
Cabbage, Bulgar & Chickpea Stew
Sauteed Bell Peppers
Baked Sweet Potatoes
Sweet & Spicy Lentils
Gravy
Hot Rolls/Bread
Soup of the Day

Short Order

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



When: 14 December 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 Patty
Sauteed Vegetables
Scrambled Tofu
Scrambled Eggs
Hard Boiled Eggs
Omelets
Pancakes
Grits
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: 15 December 2024

0630-0830 – Breakfast

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Rosemary Roasted Pork
Tenderloin
Beef Stew
Summer Squash
Roasted Baby Carrots
Collard Greens
Sweet & Spicy Lentils
Egg Noodles
Gravy
Hot Rolls/Bread
Soup Of The Day



When: 15 December 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

Mexican Pepper Steak
Santa Fe Glazed Chicken
Plant Based Burrito
South of The Border Medley
Pinto Beans
Herb Broccoli
Brown Rice
Baked Potato
Gravy
Hot Rolls/Bread
Soup of the Day

Short Order

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



When: 15 December 2024

1700-1830 – Dinner

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

Pork Bacon
Grilled Chicken Breast
Vegetable Sausage Patties
Sauteed Vegetables
Scrambled Eggs
Cooked Eggs
Scrambled Tofu
Cottage Fried Potato
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: 16 December 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Grilled Salmon Herb Baked
Plant Chicken Strips
Roasted Brussel Sprouts,
Carrots & Parsnips
Herb Green Beans
Roasted Asparagus
Lemon & Herb Quinoa
Parmesan Garlic Mashed
Potatoes
Cauliflower
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 16 December 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

Pork Chop w/Apples
Beef Gyro
Pesto Pasta
Asparagus
Fresh Cabbage
Green Beans w/ Herb Vinaigrette
Parmesan Garlic Orzo
Mashed Sweet Potatoes
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



When: 16 December 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

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: 17 December 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Oven Roasted Turkey
Grilled Top Sirloin Steak
Broccoli
Roasted Zucchini
Steamed California Blend
Roasted Sweet Potato
Hacienda Corn & Black Beans
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 17 December 2024

1200-1330 – 1ST Shift

1515-1650 – 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

Oven Roasted Turkey
Swiss Steak w/ Tomato Sauce
Baked Tofu
Tangy Spinach
Roasted butternut Squash
Collard Greens
Barley
Mashed Potatoes
Gravy
Hot Breads/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: 17 December 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 Tofu
Scrambled Eggs
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: 18 December 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Chinese Five Spice Chicken
Beef & Broccoli
Vegetable Curry
Sautéed Garlic Spinach
Vegetable Stir Fry
Sautéed Peppers & Onions
Curried Lentils
White Rice
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 18 December 2024

1200-1330 – 1ST Shift

1515-1650 – 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

Shrimp Scampi
Spaghetti w/ Meatballs
Spaghetti w/ Plant Based Crumbles
Sauteed Bell Peppers
Buffalo Roasted Cauliflower
Squash & Carrot Medley
Lemon Herb Quinoa
Whole Wheat Spaghetti
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: 18 December 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
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: 19 December 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Roast Beef
Baked Cod w/ Garlic Butter
Pesto Pasta
Herb Green Beans
Parmesan Cauliflower
Ginger Glazed Carrots
Pasta Primavera
Quinoa
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 19 December 2024

1200-1330 – 1ST Shift

1515-1650 – 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

Roast Pork Tenderloin
Tandoori Chicken
Chickpea Cauliflower Curry
Broccoli Au Gratin
Peas
Spanish Spinach w/ Chickpeas
Jasmine Rice
Rosemary Roasted Potato Wedges
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: 19 December 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: 20 December 2024

0630-0830 – 1ST Shift

1045-1145 – 2nd Shift

MENUS ARE SUBJECT TO CHANGE

WARRIORS' CAFÉ

Main Menu

Hamburger/ Turkey Burger
Pork Chalupas
Portobella Burger
Savory Summer Squash
Pinto Beans
Herb Green Beans
Rosemary Roasted Potato
Wedges
Egg Noodles
Gravy
Hot Bread/Rolls
Soup Of The Day



When: 20 December 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

Baked Salmon w/ Herb Vinaigrette
Turkish Style Meatballs
Pasta Provençal
Steamed Cauliflower
Roasted Asparagus
Southern Style Kale
Turkish Bulgur Pilaf w/ Almonds
Curried Lentils
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: 20 December 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