

Bechtel Week of 5-25

Daily Specials	Monday 5/25	Allergens	Tuesday 5/26	Allergens	Wednesday 5/27	Allergens	Thursday 5/28	Allergens	Friday 5/29	Allergens	Saturday 5/30	Allergens	Sunday 6/1	Allergens
Breakfast	Eggs Any Style/Omelette Bar	See Signage	Scrambled Eggs	E	Eggs Any Style/Omelette Bar	See Signage	Scrambled Eggs	E	Eggs Any Style/Omelette Bar	See Signage	Scrambled Eggs	E	Eggs Any Style/Omelette Bar	See Signage
Breakfast Meats	Bacon/Sausage	~None	Bacon/Sausage	~None	Bacon/Sausage	~None	Bacon/Sausage	~None	Bacon/Sausage	~None	Bacon/Sausage	~None	Bacon/Sausage	~None
Vegan/Vegetarian Breakfast	Tofu Scramble	S	French Toast Bar	G,E,D	Tofu Scramble	S	Waffle Bar	G,E,D	Tofu Scramble	S	French Toast Bar	G,E,D	Waffle Bar	G,E,D
Side Potato	Tater Tots	~None	Roasted Potatoes	~None	Roasted Potatoes	~None	Potatoes O'Brien	~None	Hash Browns	~None	Tater Tots	~None	Hash Browns	~None
Demo Lunch	Pita: Greek Chicken or Gyro	G,D	Roast Beef or Turkey French Dip Sandwich	G,D	Caribbean Carvery: Pernit Pork Roast or Cuban Ropa Vieja	~None	Pho Shrimp or Chicken	F	Chicken or Shrimp Coconut Curry	F	Grilled Shrimp or Chicken Indian Rice Bowl	F	Tonkotsu Pork or Shrimp Ramen	S,F,Se,G
Vegan/Vegetarian Option	Fallafel	G,E	Portabella and Onion French Dip	G,D	Curried Sweet Potato with Almond	~None	Tofu Pho	S	Tofu Coconut Curry	S	Spiced Cauliflower and Chickpea Rice Bowl	~None	Miso Tofu Ramen	S,G,Se
Vegetable	Assorted Pita Toppings	D	Mexican Pickled Cauliflower, Jalapeno, Carrot	~None	Seasonal Vegetables	~None	Seasonal Vegetables	~None	Assorted Vegetable Toppings	~None	Stir Fry Vegetables	G,Se,S	Assorted Toppings	~None
Starch	French Fries	~None	House Cheddar Chips	~None	Plantain	~None	Pho Noodles	~None	Rice	~None	Basmati Rice	~None	Ramen Noodles	G
Demo Dinner	Beef Lo Mein or Chicken Lo Mein	S,G,Se	Taco Tuesday Beef or Chicken Tostada Bar	G, D	Meatballs or Sausage with Marinara or Alfredo Sauce	~None	Chicken or Beef Bibimbap Rice Bowl	G, Se, S	Chicken or Beef Fajitas	~None	Chinese Carvery: Char Siu pork Ribs or Chinese Sticky Chicken	G,Se,S	Mediterranean Rice Bowl Chicken or Lamb	D
Vegan/Vegetarian Option	Sweet Sour Tofu	S,G,Se	Mexican Spiced Mushroom and Vegetable Tostada	G, D	Beyond Meat Meatball	G,S,E	Korean Spiced Tofu Rice Bowl	G,Se,S	Fajita Spiced Mushroom and Almonds	T	Sticky Tofu	S	Lemon Oregano Spiced Tofu	~None
Vegetable	Seasonal Vegetables	~None	Seasonal Vegetables	~None	Seasonal Vegetables	~None	Seasonal Vegetables	~None	Seasonal Vegetables	See Signage	Stir Fry Vegetables	G,Se,S	Assorted Toppings	D
Starch	Lo Mein Noodles	G	Spanish Rice+ Beans	~None	Pasta	G	Calrose Rice	~None	Spanish Rice	~None	Steamed Rice	~None	Long Grain Rice	~None
Dessert	Chef's Choice	G,D,E	Chef's Choice	G,D,E	Chef's Choice	G,D,E	Chef's Choice	G,D,E	Ice Cream Sundaes + Cakes	G,D,E	Chef's Choice	G,D,E	Chef's Choice	G,D,E

D=Dairy

G=Wheat Gluten

P=Peanut

T=Tree Nut

E=Eggs

Se=Sesame

S=Soy

F=Fish/Shellfish