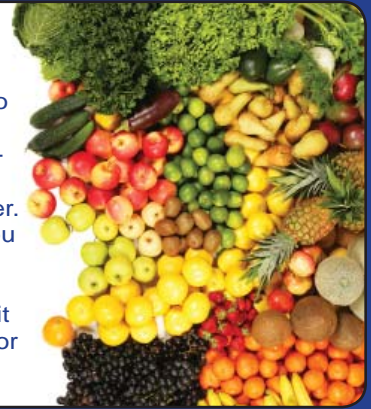




★ BUTTERFIELD ★

NOVEMBER
2ND - 8TH

Nutrition News: Eating healthy in the dining halls means eating nutrient rich foods. Here are some simple ways to add nutrients to your meals. Breakfast-add a fruit like, raisins, banana, or strawberries to your cereal. Lunch-add lettuce, tomato, hummus, green peppers and/ or red peppers to your sandwich or burger. Dinner-add a side salad to your plate when you take a hot entree. You can add a fruit such as cut peaches, pineapple, or pears to your plate to pair with chicken or pork. Desserts-add fruit like raisins, cranberries, peaches, pears, and/or pineapple to fruit or yogurt.



BREAKFAST \$7⁰⁰

LUNCH \$10⁰⁰

DINNER \$12⁰⁰

MONDAY 11/02 TUESDAY 11/03 WEDNESDAY 11/04 THURSDAY 11/05 FRIDAY 11/06

Breakfast

- Fried Egg Biscuit Sandwich
- Grilled Canadian Bacon
- Hash Brown Potato
- Fresh Baked Low Fat & Regular Cranberry Muffins

Soups

- Chicken Rice
- Cream Of Mushroom

Pasta

- Ziti Marinara
- Garlic Butter

Lunch

- Chicken Nuggets with BBQ, Sweet & Sour, Buffalo & Honey Mustard Dipping Sauces
- Perogies in Marinara Sauce
- Sweet Potato Fries

Dinner

- Chipotle BBQ Chicken Cutlet w/ Cranberry Sc
- Blazin' Red Fish Filet w/ Lemon Wedge
- Krinkle Cut Carrots
- Snowflake Rolls

Dessert

- Carnival Cookie(L)
- Chef's Choice Dessert (D)
- Jello: Raspberry and Sugar-Free Lime

Breakfast

- Texas French Toast w/ Maple Syrup
- Crisp Bacon Slices
- Home Fried Potato
- Fresh Baked Low Fat & Reg Blueberry Muffins

Soups

- Southwest White Bean
- Broccoli Cheese

Pasta

- Gemelli Marinara
- Primavera

Lunch

- Naked Chicken Wings w/ BBQ, Sweet & Sour, Buffalo & Honey Mustard Dipping Sc
- Sausage, Peppers & Onions Grinder
- Zesty Fries

Dinner

- Yankee Pot Roast w/ Vegetable Gravy
- Stuffed Shells w/ Marinara & Asiago Cream Sc
- Oven Roasted Herbed Yukon Gold Potato
- Cut green Beans
- Hot Dinner Rolls

Dessert

- Chocolate Chip Cookie(L)
- Strawberry Shortcake(D)
- Jello: Lime and Sugar-Free Strawberry

Breakfast

- Buttermilk Pancakes w/ Hot Maple Syrup
- Pork Sausage Links
- Potato Pattie
- Fresh Baked Raspberry Muffins & Scones

Soup

- Cream of Spinach
- Vegetarian

Pasta

- Multi-Grain Spaghetti w/ Marinara Sauce
- Chicken Alfredo w/ Broccoli

Lunch

- Chicken Nuggets w/ BBQ, Sweet & Sour, Buffalo & Honey Mustard Dipping Scs
- Open faced Tuna Salad Melt
- Battered Onion Rings

Dinner

- Southern Fried Chicken w/ Cranberry Sc
- Lemon Pepper Fish Filet w/ Lemon Wedge
- Red Beans & Rice
- Corn Cobettes
- Slice-Your-Own French Bread

Dessert

- Brownie(L)
- Ice Cream w/ Toppings (D)
- Jello: Cherry and Sugar-Free Orange

Breakfast

- Texas French Toast w/ Hot Maple Syrup
- Grilled Canadian Bacon
- Hash Brown Potato
- Fresh Baked Low Fat & Reg Apple Muffins

Soup

- Chicken Alphabet
- Pasta Fagiola

Pasta

- Rigatoni Marinara
- Meat Sauce

Lunch

- Garlic & Parmesan & Naked Wings w/ BBQ, Sweet & Sour, Buffalo & Honey Mustard Dipping Sc
- Cuban Sandwich
- Sweet Potato Fries

Dinner

- Breaded Chicken Cutlet w/ Gravy & Cranberry Sauce
- Baked Ziti Casserole
- Whipped Potato
- Seasoned Butternut Squash
- Snowflake Rolls

Dessert

- Sugar Cookie(L)
- Chocolate Delite Cake (D)
- Jello: Berry-Blue and Sugar-Free Cherry

Breakfast

- Fried Egg Biscuit Sandwich
- Pork Sausage Pattie
- Home Fried Potato
- Fresh Baked Low Fat & Lemon Poppy Muffins

Soup

- New England Clam Chowder
- Chicken Noodle

Pasta

- Penne Marinara
- Creamy Sundried Tomato Pesto

Lunch

- Chicken Nuggets with BBQ, Sweet & Sour, Buffalo & Honey Mustard Dipping Sc
- Eggplant Parmesan Grinder
- Evercrisp Fries

Dinner

- Chicken Fingers w/ Dipping Sauce
- Vegetable Fried Rice
- Country Trio Blend Vegetable
- Hot Dinner Rolls

Dessert

- Congo Bars
- Fruit Sticks
- Jello: Strawberry and Sugar-Free Orange

As always...

These items are served everyday
Monday thru Friday:

ENTRÉES

- Lunch & Dinner: Daily Specials
- All Day: Baked Idaho Potato w/ Broccoli & Cheese Sauce
- Fresh Baked Items

DELI

- Made-to-Order: Cold Sandwiches
- Made-to-Order: Grilled Panini

GRILL

- Cooked-to-order: Grilled Chicken , Boca Burgers , Grilled Cheese & Soy Dogs , Daily Specialty Sandwich

OMELETTES

- Cooked-to-Order Omelettes & Quesadillas with Assorted Meats, Vegetables & Cheese Fillings

TACO BAR (Lunch)

- Mexican Tacos with Taco Shells, Burrito Wraps & Toppings Bar
- Veggie Refried Beans
- Battered Onion Rings

PIZZA

- Marinara & Cheese Pizza
- Pepperoni Pizza, and Chef's Choice Specialty Pizza

SOUPS & SALADS

- Soup of the Day
- Assorted Fresh Salad Greens, Beans & Vegetables
- Daily Specialty Salad

PASTA BAR

- Pasta of the Day with Marinara Sauce *
- Chef's Choice Specialty Pasta

ALL-DAY BREAKFAST

- Omelettes & Scrambled Egg
- Assorted Cereals
- Peanut Butter & Jelly
- Cream Cheese
- Assorted Bagels
- Fruit Station

ALL-DAY DESSERT BAR

- Make Your Own Waffles w/ Fruit Toppings
- Assorted Ice Creams
- Assorted Yogurt
- Assorted Desserts (except Jello)

* Linguini noodles contain eggs

HOURS OF OPERATION: (B) 7AM — 10:30AM (L) 11AM — 3:00PM (D) 4PM — 7:30PM

LOWER FAT / LOWER CALORIE
 VEGETARIAN

VEGAN
 WHOLE GRAIN

SABRA HUMMUS

NEW FLAVORS!
ROASTED RED PEPPER
SPINACH & ARTICHOKE

On-The-GO Packs **\$3.25**
7 oz Tubs just **\$3.29**



OPEN
9AM-11PM
DAILY

Movie Night



"Ghosts of Girlfriends Past"

- Tuesday Nov. 3rd @ 9:00pm
- Free Popcorn!
- Enter DVD raffle with any purchase!

MOVIE DISPLAYED ON ONE OF OUR FLAT SCREEN TV'S

»»»» **EVERY THURSDAY NIGHT!**



MAINFARE

NOVEMBER
2ND-8TH

MONDAY 11/02 TUESDAY 11/03 WEDNESDAY 11/04 THURSDAY 11/05 FRIDAY 11/06 SATURDAY 11/07 SUNDAY 11/08

Brunch & Lunch \$10⁰⁰ DINNER \$12⁰⁰

<p>Soups</p> <ul style="list-style-type: none"> • Cream Of Tomato <input checked="" type="checkbox"/> <p>Salad</p> <ul style="list-style-type: none"> • Classic Macaroni Salad <input checked="" type="checkbox"/> <p>Burger</p> <ul style="list-style-type: none"> • California Burger <p>Lunch</p> <ul style="list-style-type: none"> • American Chop Suey <input checked="" type="checkbox"/> • Vegan Nuggets <input checked="" type="checkbox"/> w/ Sweet & Sour Sc • Battered Onion Rings <input checked="" type="checkbox"/> • Classic Macaroni Salad <input checked="" type="checkbox"/> <p>Dinner</p> <ul style="list-style-type: none"> • BBQ Chicken Qtr. <input checked="" type="checkbox"/> w/ Cranberry Sc • Carved Maple Roasted Pork Roast <input checked="" type="checkbox"/> w/ Creamy Gravy & Cinn. Applesc <input checked="" type="checkbox"/> • Tempah Saute <input checked="" type="checkbox"/> • Whipped Potato <input checked="" type="checkbox"/> • Rice Pilaf <input checked="" type="checkbox"/> • Dilled Carrots <input checked="" type="checkbox"/> • French Bread <input checked="" type="checkbox"/> <p>Dessert</p> <ul style="list-style-type: none"> • Vanilla Pudding w/ Chocolate Chips <input checked="" type="checkbox"/> • Chocolate Chip Cookie(L) <input checked="" type="checkbox"/> • Jello: Lime & Sugar Free Strawberry • Brownie (D) <input checked="" type="checkbox"/> 	<p>Soups</p> <ul style="list-style-type: none"> • Chicken Rice <input checked="" type="checkbox"/> <p>Salad</p> <ul style="list-style-type: none"> • Asian Salad <input checked="" type="checkbox"/> <p>Burger</p> <ul style="list-style-type: none"> • Mexicali Burger <p>Lunch</p> <ul style="list-style-type: none"> • Cuban Sandwich • Vegetarian Chili <input checked="" type="checkbox"/> w/ Homemade Cornbread <input checked="" type="checkbox"/> • Waffle Fries <input checked="" type="checkbox"/> • Asian Salad <p>Dinner</p> <ul style="list-style-type: none"> • Shrimp, Peppers & Onions in Red Thai Sc <input checked="" type="checkbox"/> • Char-grilled Beef Bourbon Kabobs <input checked="" type="checkbox"/> • Herb Vegan Cutlet w/ Marinara Sauce <input checked="" type="checkbox"/> • Garlic Red-skinned Mashed Potato <input checked="" type="checkbox"/> • Jeera Fried Rice <input checked="" type="checkbox"/> • Corn Cobettes <input checked="" type="checkbox"/> • Hot Baked Dinner Rolls <input checked="" type="checkbox"/> <p>Dessert</p> <ul style="list-style-type: none"> • Apple Crisp <input checked="" type="checkbox"/> • Very Cherry Crispito (L) <input checked="" type="checkbox"/> • Jello: Raspberry & Sugar-free Lime • Macadamia Nut Cookie(D) <input checked="" type="checkbox"/> 	<p>Soups</p> <ul style="list-style-type: none"> • Red Bean & Rice <input checked="" type="checkbox"/> <p>Salad</p> <ul style="list-style-type: none"> • Southwestern Cole Slaw w/ Chipotle Pesto Dressing <input checked="" type="checkbox"/> <p>Burger</p> <ul style="list-style-type: none"> • Bacon Cheddar Melt <p>Lunch</p> <ul style="list-style-type: none"> • BBQ Pork Riblet on a Signature Roll <input checked="" type="checkbox"/> • Veggie Garden Sandwich <input checked="" type="checkbox"/> • Zesty Fries <input checked="" type="checkbox"/> <p>Dinner</p> <ul style="list-style-type: none"> • General Tso's Chicken • Lemon Pepper Fish Filet <input checked="" type="checkbox"/> w/ Lemon Wedge • Vegan Stuffed Shells w/ Marinara Sc <input checked="" type="checkbox"/> • Baked Sweet Potato <input checked="" type="checkbox"/> • Steamed White Rice <input checked="" type="checkbox"/> • Canton Stir-Fry Fresh Vegetables <input checked="" type="checkbox"/> • Deli Breads <input checked="" type="checkbox"/> <p>Dessert</p> <ul style="list-style-type: none"> • Vanilla Pudding <input checked="" type="checkbox"/> • Oatmeal Raisin Cookie(L) <input checked="" type="checkbox"/> • Jello: Cherry & Sugar Free Orange Jello • Raspberry Cream Cheese Brownie(D) <input checked="" type="checkbox"/> 	<p>Soups</p> <ul style="list-style-type: none"> • Chicken Escarole <input checked="" type="checkbox"/> <p>Salad</p> <ul style="list-style-type: none"> • Cuban Potato Salad <input checked="" type="checkbox"/> <p>Burger</p> <ul style="list-style-type: none"> • BBQ Burger <p>Lunch</p> <ul style="list-style-type: none"> • Open-faced Chicken Salad Melt • Vegetarian Egg Roll <input checked="" type="checkbox"/> w/ Chinese Dipping Sc • Sweet Potato Fries <input checked="" type="checkbox"/> • Cuban Potato Salad <p>Dinner</p> <ul style="list-style-type: none"> • Baked Crumb Topped Haddock <input checked="" type="checkbox"/> w/ Lemon Wedge • BBQ Spare Ribs • Cannellini Beans in Garlic Sc <input checked="" type="checkbox"/> • Au Gratin Potato <input checked="" type="checkbox"/> • Garlic Butter Rice <input checked="" type="checkbox"/> • Chopped Collard Greens • Snowflake Dinner Rolls <input checked="" type="checkbox"/> <p>Dessert</p> <ul style="list-style-type: none"> • Chocolate Mousse <input checked="" type="checkbox"/> • Sugar Cookie(L) <input checked="" type="checkbox"/> • Jello: Lime & Sugar Free Cherry • Choc Delite Cakes <input checked="" type="checkbox"/> 	<p>Soups</p> <ul style="list-style-type: none"> • New England Clam Chowder <p>Salad</p> <ul style="list-style-type: none"> • Cucumber & Onion Salad <input checked="" type="checkbox"/> <p>Burger</p> <ul style="list-style-type: none"> • Mushroom Burger <p>Lunch</p> <ul style="list-style-type: none"> • Fried Fish Filet on a Signature Roll w/ Tartar Sauce • Crumb Topped Baked Macaroni & Cheese <input checked="" type="checkbox"/> • Tater Tots <input checked="" type="checkbox"/> • Cucumber & Onion Salad <input checked="" type="checkbox"/> <p>Dinner</p> <ul style="list-style-type: none"> • Beef & Bean Burrito <input checked="" type="checkbox"/> Drizzled w/ Mole, Red & Green Salsa • Nachos <input checked="" type="checkbox"/> w/ Cheese Sc <input checked="" type="checkbox"/> & Toppings Bar • Fried Tofu w/ Peppers & Onions in Madras Curry Sc <input checked="" type="checkbox"/> • Mexican Rice w/ tomatoes & Chilis <input checked="" type="checkbox"/> • Char-grilled Fresh Vegetables <input checked="" type="checkbox"/> • French Bread <input checked="" type="checkbox"/> <p>Dessert</p> <ul style="list-style-type: none"> • Pistachio Pudding <input checked="" type="checkbox"/> • Double Chocolate Chip Cookie(L) <input checked="" type="checkbox"/> • Jello: Strawberry Sugar Free Lemon • M&M Brownie (D) <input checked="" type="checkbox"/> 	<p>Brunch</p> <ul style="list-style-type: none"> • Omelettes Cooked-to-Order: Regular Whole Eggs <input checked="" type="checkbox"/>, Egg Whites <input checked="" type="checkbox"/>, Assorted Meats & Vegetable Fillings, Shredded Mozzarella & Cheddar Cheeses <input checked="" type="checkbox"/> • Scrambled Eggs w/Fresh Herbs <input checked="" type="checkbox"/> • Home Fried Potato <input checked="" type="checkbox"/> & Vegetarian Baked Beans <input checked="" type="checkbox"/> • Fruit Bar: with Dried Fruits, Canned Fruits & Fresh Fruits <input checked="" type="checkbox"/> with a Selection of Yogurts <input checked="" type="checkbox"/> & Granola <input checked="" type="checkbox"/> • Pastry Bar: with Assortment of Muffins, Fruit Breads, Danish Pastry <input checked="" type="checkbox"/>, Bagels <input checked="" type="checkbox"/> & Spreads <input checked="" type="checkbox"/> <ul style="list-style-type: none"> • Pork Sausage Links • Buttermilk Waffle <input checked="" type="checkbox"/> Sticks w/Maple Syrup <p>Soup</p> <ul style="list-style-type: none"> • Chicken Noodle <input checked="" type="checkbox"/> <p>Burger</p> <ul style="list-style-type: none"> • Parmesan Burger <p>Dinner</p> <ul style="list-style-type: none"> • Shells w/ Bolognese Sc <input checked="" type="checkbox"/> • Barilla Multi-Grain Penne w/ Marinara Sc <input checked="" type="checkbox"/> • Cooked-to-order: Wild Mushroom Ravioli in Cream Sc w/Balsamic Reduction <input checked="" type="checkbox"/> • Chopped Spinach <input checked="" type="checkbox"/> • Garlic Bread Sticks <input checked="" type="checkbox"/> <p>Dessert</p> <ul style="list-style-type: none"> • Vanilla Pudding with Coconut <input checked="" type="checkbox"/> • Carnival Cookie(L) <input checked="" type="checkbox"/> • Jello: Berry Blue & Sugar Free Raspberry • Angel Cake w/ Toppings (D) <input checked="" type="checkbox"/> 	<p>Brunch</p> <ul style="list-style-type: none"> • Crisp Bacon Slices • French Toast Sticks <input checked="" type="checkbox"/> w/Maple Syrup <p>Soup</p> <ul style="list-style-type: none"> • Broccoli & Cheese <input checked="" type="checkbox"/> <p>Burger</p> <ul style="list-style-type: none"> • Buffalo Burger <p>Dinner</p> <ul style="list-style-type: none"> • Carved Roast Top Round of Beef <input checked="" type="checkbox"/> w/ Gravy • Char-grilled Salmon w/ Soy Wasabi Dressing <input checked="" type="checkbox"/> • Baked Chick Peas <input checked="" type="checkbox"/> • Oven roasted Yukon Gold Potato <input checked="" type="checkbox"/> • Basmati Rice <input checked="" type="checkbox"/> • Peas <input checked="" type="checkbox"/> <p>Dessert</p> <ul style="list-style-type: none"> • Chocolate Pudding <input checked="" type="checkbox"/> • Peanut Butter Cookie(L) <input checked="" type="checkbox"/> • Jello: Strawberry & Sugar Free Lime • Apple Pie (D) <input checked="" type="checkbox"/>
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11:30 — 3:30 PM
4:30 PM — 8:30 PM

11:30 — 3:30 PM
4:30 PM — 8:30 PM

11:30 — 3:30 PM
4:30 PM — 8:30 PM

11:30 — 3:30 PM
4:30 PM — 8:30 PM

11:30 AM — 3:30 PM
4:30 PM — 7:30 PM

10:00 AM — 3:00 PM
4 PM — 7:30 PM

10:00 AM — 3:00 PM
4 PM — 8:30 PM

LOWER FAT / LOWER CALORIE
 VEGETARIAN
 VEGAN
 WHOLE GRAIN



As always...

These items are served everyday for lunch & dinner, Monday thru Friday:

- FUSION**
- Cooked-to-Order Selection of Pastas with Vegetables & Seasonings
 - Selection of Sauces
 - Cooked-to-Order Selection of Beef, Shrimp , Chicken or Tofu with Vegetables & Seasonings
 - Assortment of Fresh Salad Bar greens , Meats, Beans & Vegetables
 - Daily Specialty Salad

- DELI CREATIONS**
- Made-to-Order Deli Creations
 - Salad of the Day
 - Daily Specialty Salad

- ASTROS**
- Char-Grilled Burgers
 - Boca Burgers
 - Daily Specialty Burger
 - Frankfurters & Soy Dogs
 - Evercrisp Fries & Breaded Onion Rings
 - Toppings Bar

- HOME STYLE**
- Daily Entree Selections and Side Dishes
 - Daily Specialty Salad