









# Allegany College of Maryland Menu



	Monday 14-Jan	Tuesday 15-Jan	Wednesday 16-Jan	Thursday 17-Jan	Friday 18-Jan
	Ham, Egg & Cheese Croissant Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station	Bacon, Egg & Cheese Bagel Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station	Sausage, Egg & Cheese Croissant Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station	Ham, Egg & Cheese Bagel Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station	Sausage, Egg & Cheese English Muffin Oatmeal Bar Yogurt and Fruit Bar Cage Free Eggs Made to Order Omelet Station
<b>Daily Menu</b>	<b>Available Daily for Breakfast: Eggs to Order, Made to Order Omelets, Scrambled Eggs, Pancakes, French Toast, Toast, Hashbrowns, Bacon and Sausage</b>				
<i>Main Plate</i>	<b>Italian Monday- Spaghetti and Meatballs</b>  Spaghetti Noodles Housemade Marinara Sauce Meatballs Garlic Bread	<b>Mexican Tuesday- Tacos</b>  Seasoned Ground Beef Hard or Soft Shell Tacos Cheese Sauce, Lettuce, Tomato Onion, Black Olives, Jalapeno Sour Cream, Salsa- Churros	<b>Buffalo Chicken Wednesday</b>  Fried Boneless Chicken Assorted Sauces Celery and Carrot Sticks Blue Cheese Or Ranch Dressing	<b>Comfort Thursday</b>  Salisbury Steak Macaroni & Cheese Fresh Vegetable "du Jour"	<b>Asian Friday</b>  Stir Fry Chicken Steamed Rice Baby Corn, Peppers & Onions Snow Peas, Water Chestnuts Broccoli, Carrots, Stir Fry Sauce
	Chicken Salad Croissant	Chicken Salad Croissant	Chicken Salad Croissant	Chicken Salad Croissant	Chicken Salad Croissant
	Cheese Pizza Pepperoni Pizza	Cheese Pizza Cheese Steak Pizza	Cheese Pizza Taco Pizza	Cheese Pizza Chicken & Broccoli Alfredo Pizza	Cheese Pizza Margherita Pizza
	This Weeks Special: Philly Cheesesteak Sandwich w/ French Fries And A Fountain Drink	<b>Available Daily At The Grille: Chicken Tenders, Made To Order Burgers, Hot Dogs, Grilled Chicken Sandwiches, Veggie Burgers And Sides Such As French Fries, Mozzarella Sticks, Onion Rings And So Much More</b>			
	Vegetable Soup Cream of Crab Soup	Chicken Noodle Soup Cream of Crab Soup	Turkey Rice Soup Cream of Crab Soup	Ham and Bean Soup Cream of Crab Soup	Chef's Choice Chef's Choice
* Contains or May Contain Raw or Undercooked Ingredients. Consuming Raw or Uncooked Meats, Poultry, Seafood, Shellfish or Eggs May Increase Your Risk of Food-Borne Illness.					

 Denotes Gluten-Free Item