



COLORADO SPRINGS - OTC ATHLETE DINING ROOM MENU



1/29/2012

THROUGH

2/4/2012

SUNDAY
January 29, 2012

MONDAY
January 30, 2012

TUESDAY
January 31, 2012

WEDNESDAY
February 1, 2012

THURSDAY
February 2, 2012

FRIDAY
February 3, 2012

SATURDAY
February 4, 2012



Hot Breakfast 7am-9:45am featuring:
Oatmeal
Crispy Smoked Bacon
Scrambled Eggs Plus
Hard Boiled Eggs
Spicy Dashed Hash Browns

Pumpkin Pancakes
Chicken Sausage
Lumberjack Hashbrowns
Swiss Mueslix
Steel Cut Oats
Malt O Meal
Recovery Bar Smoothies
Breakfast @ the Grill

Biscuit & Sausage Gravy
Canadian Style Bacon
Chunky Hash Browns
Steel Cut Oats
Cream of Wheat
Breakfast Parfait
Recovery Bar Smoothies
Breakfast @ the Grill

Breakfast 7am-10:45am

Whole Grain Waffles
Crispy Smoked Bacon
O'Brien Potatoes
Malt-O-Meal
Steel Cut Oats
Recovery Bar Smoothies
Breakfast @ the Grill

Whole Wheat Blueberry Pancakes
Turkey Bacon
Potato Casserole
Steel Cut Oats
Swiss Mueslix
Grits
Recovery Bar Smoothies
Breakfast @ the Grill

Breakfast Burrito
Hash Brown Potatoes
Link Turkey Sausage
Steel Cut Oats
Cream of Wheat
Recovery Bar Smoothies
Breakfast @ the Grill

French Toast Souffle
Light Link Sausage
Spicy Hash Browns
Breakfast Parfait
Steel Cut Oats
Malt-O-Meal
Recovery Bar Smoothies
Breakfast @ the Grill

Brunch @ 10:00AM-2:30PM

Beef Tenderloin
Pierogies w/Onions
Golden Malted Waffles
Green Beans w/Carmelized Onions
Asian Style Soup
Fruit Salad, Smoked Salmon
At the Grill:
Omelet Bar @ the Grill

Potato Cod Fish
Jamaican Jerk Flank Steak
Blazin Baked Beans
Meatless Entrée:
Lemon Broccoli
Fresh Veggies of the day
Specialty Salad: Winter Wonderland
Soup of the Day:
Sopa Ranchera Soup
Pasta Rustica Fusion

Grilled Tarragon
Beef w/Scallions
Garbanzo Stir Fry
Rice Couscous Pilaf
Meatless Entrée:
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Spaghettine
5 Way Mixed Vegetables
Specialty Salad: Edamame, Pasta
Soup of the Day:
North Woods Soup
Italian Shrimp Fusion

Lunch 11am-3:45pm

Cajun Tilapia
Roasted Pork Loin
Millet Pilaf
Meatless Entrée:
Stuffed Shells
Oregon Blend Vegetables
Specialty Salad: Spicy Beef Salad
Soup of the Day:
South of France Soup
Chicken Fried Rice Fusion

Stuffed Peppers
Jerk Chicken
Fruited Moroccan
Meatless Entrée:
Pasta w/Feta
Jambalaya
Specialty Salad: Italian Spinach
Soup of the Day:
Baked Potato & Bacon Soup
Quinoa & Black Bean Fusion

Cashew Chicken
Tomato Flank Steak
Brown Rice
Meatless Entrée:
Pasta California 75
Spinach, Squash, Peppers
Specialty Salad: Spelt Salad
Soup of the Day:
New England Clam Chowder
Soba Noodle Salad Fusion

Baked Djaj Mhammer
Pescado a la cruz
White Rice
Meatless Entrée:
Pasta w/Roasted Peppers
Fresh Vegetables of the Day
Specialty Salad: Crunchy Asian Salad
Soup of the Day:
Angel Hair Pasta Soup
At the Grill:
Smoked Turkey Reuben

Dinner 4:00pm-8:30pm

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Teriyaki Chicken Wings
Buffalo Chicken Wings
Red Trout
Meatless Entrée:
Roasted Orzo & Corn
Fresh Vegetables of the Day
Vegetable Medley
Soup of the Day:
Cream of Potato Soup
At the Grill:
Nacho's to Order

Chicken Oaxaca
Creole Pork
Sweet Potato
Meatless Entrée:
Orange Glazed Tofu
Grilled Zucchini
Soup of the Day:
Vegetable Minestrone Soup
At the Grill:
Meatball Sandwich

Beef Tacos
Chicken Tacos
Pinto Beans
Meatless Entrée:
Garden Burger Taco
Mexican Rice
Spinach, Squash, Pepper Medley
Soup of the Day:
Bayou Shrimp Soup
At the Grill:
Blackened Caribbean Chicken

Chicken w/Sun Dried Tomatoes
Beef Chop Suey
Chow Mein Noodles
Meatless Entrée:
Baked Cavatappi
White Rice
Soup of the Day:
Corn Chowder Soup
At the Grill:
Tuna Melt

New York Strip Steak
Creamy Caribbean Chicken
Baked Potato Bar
Roasted Carrots
Meatless Entrée:
Spanish Frittata
Fresh Vegetables of the day
Soup of the Day:
Spicy Chicken & Rice Soup
At the Grill:
Baja Cannoli

Herbed Chicken
Beef Bourguignon
Wide Egg Noodles
Asparagus Spears
Meatless Entrée:
Roasted Red Pepper
Fresh Vegetables of the Day
Soup of the Day:
Turkey Chili Soup
At the Grill:
Individual Pizza

Pork Katsu
Yakitori
Sticky Rice
Meatless Entrée:
Spaghetti Squash Frittata
Veggie Stir Fry **w/NUTS**
Soup of the Day:
Chipolte Soup
At the Grill:
Chicken Quesadillas