

**COLORADO SPRINGS - OTC
ATHLETE DINING ROOM MENU
2/12/2012 THROUGH 2/18/2012**



**SUNDAY
2/12/2012**

**MONDAY
2/13/2012**

**TUESDAY
2/14/2012**

**WEDNESDAY
2/15/2012**

**THURSDAY
2/16/2012**

**FRIDAY
2/17/2012**

**SATURDAY
2/18/2012**



Breakfast 7am-1045am

Hot Breakfast 7am-9:45am featuring:

- Oatmeal
- Crispy Smoked Bacon
- Scambled Eggs Plus
- Hard Boiled Eggs
- Home Fries

- Blueberry Waffles
- Turkey Sausage Link
- Twice as Nice Potatoes
- Steel Cut Oats
- Malt o Meal
- Swiss Mueslix
- Recovery Bar Smoothies
- Breakfast @ the Grill

- Pancakes
- Canadian Style Bacon
- O'Brien Potatoes
- Steel Cut Oats
- Cream of Wheat
- Breakfast Parfait
- Recovery Bar Smoothies
- Breakfast @ the Grill

- Ham & Cheese English Muffin
- Crisp Smoked Bacon
- Hash Brown Potatoes
- Steel Cut Oats
- Grits
- Recovery Bar Smoothies
- Breakfast @ the Grill

- Apple Pancakes
- Breakfast Ham Slices
- Seasoned Potatoes
- Steel Cut Oats
- Cream of Wheat
- Recovery Bar Smoothies
- Breakfast @ the Grill

- Orange French Toast
- Turkey Bacon
- Spicy Hash Brown Potatoes
- Malt o Meal
- Steel Cut Oats
- Recovery Bar Smoothies
- Breakfast @ the Grill

- Oatmeal Pancakes
- Chunky Hash Browns
- Light Sausage Links
- Grits
- Steel Cut Oats
- Recovery Bar Smoothies
- Breakfast @ the Grill

Lunch 11am-345pm

Brunch @ 10:00AM-2:30PM

- Carved Beef Tenderloin
- Scalloped Potatoes
- Black Eyed Peas w/ham
- Golden Malted Waffles
- Soup of the Day:
- Chicken Vegetable Bean Soup
- Salad Bar & Pasta Bar**
- Grill Special:
- Omelet Bar @ the Grill

- Sliced Roasted Turkey
- Tomato Salsa Fish
- Rice Couscous Pilaf
- Green Breans w/Carmalized Onions
- Garbanzo Stir Fry
- Mashed Sweet Potato
- Soup of the Day:
- Vegetable Minestrone Soup
- Specialty Salad: Edamame**
- Deluxe Roast Beef
- Chicken Salpicon Fusion

- Beef Tips & Noodles
- Cajun Style Chicken
- Spinach Ricotta
- Meatless Entrée:
- Roasted Orzo & Corn
- Vegetable Medley
- Soup of the Day:
- Turkey w/Shells
- Specialty Salad: Broccoli Salad**
- Soba Noodle Salad Fusion

- Spicy Tilapia
- Too Good Baked Chicken
- Grilled Zucchini
- Sweet Potatoes
- Meatless Entrée:
- Baked Rigatoni
- McDonalds Biscuits
- Soup of the Day:*
- Tuscan Bean Soup
- Specialty Salad: Crusted Beef**
- Thai Streak Strip Fusion

- Spicy Tilapia
- Too Good Baked Chicken
- Arroz Verde Rice
- Mustard Roasted
- Spinach, Squash, Pepper Medley
- Meatless Entrée:
- Drunken Beans
- Soup of the Day:
- Lentil Soup
- Specialty Salad: Crunchy Asian**
- Herbed Shrimp Fusion

- Salmon
- French Dip Sandwich
- Italian Vegetables
- Herbed Basmati Rice
- Meatless Entrée:
- Spicy Sesame Noodles
- Soup of the Day:
- New England Clam Chowder Soup
- Specialty Salad: Beef Carpaccio**
- Tomato Sausage Fusion

- Roasted Mediterrean Chicken
- Savory Beef & Mac
- Speckled Quinoa
- Germany Blend Vegetables
- Meatless Entrée:
- Stuffed Portobello
- Soup of the Day:
- Cream of Green Chili
- Specialty Salad: Autumn Apple**
- Greek Club Salad

Dinner 4pm-830pm

Dinner 4:00pm-8:30pm

- Tomato & Basil Chicken
- Boneless Pork Chop
- Fresh Vegetables of the Day
- Meatless Entrée:
- Baked Risotto
- Soup of the Day:
- Cream of Broccoli Soup
- Philly Steak Sandwich

- Chicken in Garlic
- Potato Cod Fish
- Quinoa Primavera
- Roasted Brussels
- Country Blend Vegetables
- Meatless Entrée:
- Spaghattine
- Soup of the Day:
- Beef Vegetable Noodle Soup
- BBQ Beef Sandwich

Athlete Valentine Dinner!

- Seared Filet Mignon
- Crablegs w/Drawn Butter
- Twice Baked Potatoes
- Fresh Vegetables of the Day
- Melange of Roasted Vegetables
- Meatless Entrée:
- Roasted Tomato Tart
- Soup of the Day:
- Lobster Bisque
- Homemade Sushi

- Spicy Beef Fajita
- Portabello Fajita
- Chicken Enchilada
- Fajitas Bar
- Spanish Rice
- Broccoli Spears
- Meatless Entrée:
- Tri Color Tortellini
- Soup of the Day:
- Cheddar Chicken Soup
- Chicken & Brie

- Rotisserie Chicken
- Salisbury Steak
- Mashed Potato & Gravey
- Peas, Carrots & Pearl Onions
- Meatless Entrée:
- Roasted Cauliflower
- Soup of the Day:
- Beef Chili
- Chicken Taco Salad

- Honey Cornish Hen
- Teriyaki Beef
- Sticky Rice
- Broiled Tomatoes
- Green Beans w/Pearl Onions
- Meatless Entrée:
- Pasta Spinach
- Soup of the day:
- Mexican Tortilla
- Cajun Catfish Wrap

- Herb Grilled Chicken
- Shepherd's Pie
- Brown Rice
- Fresh Vegetables of the day
- Meatless Entrée:
- Pasta w/Roasted peppers
- Soup of the Day:
- Chicken Rice
- Steak Pizzadina

