



KNOW YOUR COLORS

GREEN
Good choice! Eat plenty of these foods.

YELLOW
Eat these foods in moderation.

RED
Rarely eat these foods.

Waupun Memorial Café Week of 6/10/19

Monday

BREAKFAST: SAUSAGE, EGG AND CHEESE CROISSANT
SOUPS: TURKEY NOODLE - WISCONSIN CHILI
FEATURE: BUILD YOUR OWN NACHOS GRANDE
SIDES: SWEET POTATO FRIES
 GARDEN BLEND VEGETABLES
SPECIALTY SANDWICH: CHICKEN PHILLY CHEESE STEAK
DESSERT: PUMPKIN BARS

Tuesday

BREAKFAST: SCRAMBLED EGGS W/BACON AND CHEESE
SOUPS: BEEF DUMPLING - CREAM OF MUSHROOM
FEATURE: CHIMICHURRI FLANK STEAK
 BYO SALAD BAR
SIDES: SMOKED GOUDA AND CHIVE MASHED POTATOES
 SLICED CARROTS
PANINI: MUSHROOM SOURDOUGH MELT
DESSERT: Chocolate Cake

*Note: The BYO Salad Bar color is dependent on the toppings you select.

Wednesday

BREAKFAST: MADE TO ORDER WAFFLE
SOUPS: VEGETARIAN 7 BEAN - CHEESY CAULIFLOWER
FEATURE: CRAB STUFFED WHITE FISH/LEMON SAUCE
SIDES: MUSHROOM COUSCOUS RISOTTO
 SWEET POTATO/BRUSSELS BLEND
SPECIALTY SANDWICH: BBQ CHICKEN FLATBREAD
DESSERT: KIT KAT BARS

Thursday

Breakfast: Sausage Egg and Cheese English muffin
Soups: Beer Cheese - Italian Tortellini
Feature: Pulled Pork Stuffed Sweet Potato
Sides: Roasted Potatoes with Thyme
 Caribbean Blend Vegetables
Specialty Sandwich: Grilled Rachel
Dessert: Butterfinger Torte



Waupun Memorial Café

Friday

BREAKFAST:	BACON EGG AND CHEESE BAGEL
SOUPS:	ROASTED ROOT VEGETABLE - CHEESY CRAB
FEATURE:	BEEF STROGANOFF
SIDES:	WHOLE GRAIN ROTINI BRUSSELS SPROUTS WITH CRANBERRIES
SPECIALTY SANDWICH:	BEER BATTERED FISH SANDWICH
PANINI:	TURKEY CLUBBER
DESSERT:	Apple Coffee Cake

Saturday

SOUPS:	COOK'S CHOICE
SPECIALTY SANDWICH:	HOT SANDWICH OF THE DAY
SIDES:	RANCH POTATO WEDGES

Sunday

SOUPS:	COOK'S CHOICE
FEATURE:	HOT SANDWICH OF THE DAY
PIZZA:	CHEESE

*Hours of Operation: Monday through Friday 11:30 a.m. to 1:30 p.m.
(with breakfast 7:30 a.m. to 10 a.m.)*

Saturday and Sunday: Serving lunch only 12:00 p.m. to 1:30 p.m.

Nutrition and Food Service Supervisor: Rosanne Wetzel



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Waupun Memorial Café Week of 6/17/19

Monday

BREAKFAST: **APPLE RAISIN FRENCH TOAST STRATA**
SOUPS: **CHICKEN NOODLE - CHEESY VEGETABLE**
FEATURE: **SPICY CAULIFLOWER WRAP**
SIDES: **POTATO WEDGES/FLAME ROASTED CORN**
SPECIALTY SANDWICH: **BYO BURGER BAR**
DESSERT: **PEANUT BUTTER BARS**

Tuesday

BREAKFAST: **SAUSAGE EGG AND CHEESE BAGEL**
SOUPS: **VEGETABLE BARLEY - TURKEY & BLACK BEAN CHILI**
FEATURE: **BUILD YOUR OWN CHICKEN BURRITO**
SIDES: **SPANISH RICE**
RIVIERA BLEND
SPECIALTY SANDWICH: **BBQ PULLED PORK**
PANINI: **GRILLED TURKEY AND APPLE**
DESSERT: **Banana Poke Cake**

Wednesday

BREAKFAST: **BACON EGG AND CHEESE BISCUIT**
SOUPS: **FRENCH ONION - RED POTATO CHEDDAR**
FEATURE: **SHRIMP SCAMPI**
BYO SALAD BAR
SIDES: **POTATO WEDGES**
CAULIFLOWER RISOTTO
SPECIALTY SANDWICH: **MONTEREY CHICKEN SANDWICH**
DESSERT: **HEAVENLY BARS**

Thursday

BREAKFAST: **MADE TO ORDER WAFFLES**
SOUPS: **CHICKEN DUMPLING - BEEF MUSHROOM BARLEY**
FEATURE: **POT ROAST**
SIDES: **MASHED POTATOES**
ORANGE GLAZED BEETS
SPECIALTY SANDWICH: **TERIYAKI TURKEY BURGER**
DESSERT: **CHEESE CAKE**



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Friday

BREAKFAST:	SCRAMBLED EGGS WITH HAM AND CHEESE
SOUPS:	TOMATO BASIL – TURKEY FLORENTINE
FEATURE:	CHICKEN ASPARAGUS PENNE
SIDES:	SAVORY APPLE BISCUIT BROCCOLI FLORETS
SPECIALTY SANDWICH:	GROWN UP GRILLED CHEESE
DESSERT:	PISTACHIO TORTE

Saturday

SOUPS:	COOK'S CHOICE
FEATURE:	HOT SANDWICH OF THE DAY
PIZZA:	PEPPERONI PIZZA

Sunday

SOUPS:	COOK'S CHOICE
FEATURE:	HOT SANDWICH OF THE DAY
SIDES:	POTATO WEDGES

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(With breakfast 7:30 a.m. to 10 a.m.)

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Nutrition and Food Service Supervisor: Rosanne Wetzel
Nutrition and Food Service Director: Donna Van Buren

