

# Seawolf Dining & Catering

\* **March 3 (w4)** \*

Breakfast 7:30 am - 9:30 am | Lunch 11 am -  
1:30 pm | Brunch 10 am - 1:30 pm Dinner  
4:30 pm - 7:30 pm

## Breakfast

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### MONDAY | B - BUTTERMILK PANCAKES

Pepper Gravy over Biscuits,  
Buttermilk Pancakes, Scrambled  
Eggs, Vegan Eggs with Scrambled  
Vegetables, Sautéed Hash Browns,  
Pork Sausage Patty

### TUESDAY | B - BREAKFAST SANDWICHES

Sausage, Egg & Cheese Muffin,  
Vegan Sausage, Egg and Cheese  
Muffin, Sausage Gravy over Biscuit,  
Scrambled Eggs, Hash Brown Patty,  
Bacon

### WEDNESDAY - CHEF'S CHOICE

### THURSDAY | B - FRENCH TOAST

Deluxe French Toast, Pepper Gravy  
over Biscuit, Scrambled Eggs,  
Vegan Sausage, Egg and Vegetable  
Scramble, Home Fried Potatoes,  
Bacon

Makes  
-EVERYTHING-  
better

## Lunch

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### MONDAY | L - HAMBURGER

Hamburger, bbq chicken sandwich,  
brown rice and vegetable stuffed  
peppers, fries or tots, roasted  
broccoli

### TUESDAY | L - BUILD YOUR OWN NACHOS

Build your own nacho station  
(traditional ground beef nachos and  
southwestern chicken), vegan bean  
& cheese nachos, refried beans,  
spanish rice, rajas poblano

### WEDNESDAY | CHEF'S CHOICE

### THURSDAY | L - BRAISED CORNED BEEF

Braised corned beef, garlic braised  
chicken thighs, sweet potato, kale  
and wild rice fritters, parsleyed red  
potatoes, steamed cabbage



## Dinner

Pasta Action Station (Mon - Thurs)

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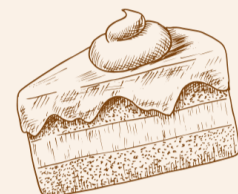
### MONDAY | D - SALISBURY STEAK

Salisbury Steak, Creamy Pesto and  
Roasted Vegetable Pasta, Cavatappi  
& Vegan Bolognese, Rice Pilaf,  
Glazed Fresh Carrots, Cherry  
Cobbler

### TUESDAY | D - BROWN SUGAR PORK LOIN

Brown Sugar Rubbed Pork Loin,  
Cheesy Asiago Chicken & Rotini,  
Lentil Penne "Carbonara", Scalloped  
Potato, Sautéed Broccoli and  
Garlic, Apple Fruit Crisp

### WEDNESDAY - NOV 13 | CHEF'S CHOICE



enjoy

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## Dinner

Pasta Action Station (Mon - Thurs)

\* \* \*

### THURSDAY | D - CHEESE LASAGNA

Italian Meatballs in Marinara, Cheese Lasagna, Toscano Zucchini Noodle Bowl, Garlic Bread, Grilled Ratatouille, Black Forest Brownies

### FRIDAY | D - CHICKEN YASSA

Onion-Braised Chicken with Lemon (Chicken Yassa), Stuffed Peppers, Vegan Vegetable Paella, White Rice, Broiled Tomatoes with Parmesan Herb Bread Crumbs, Rice Pudding

### SATURDAY | CHEF'S CHOICE

### SUNDAY | D - HOMESTYLE MEATLOAF

Homestyle Meatloaf with Mushroom Gravy, Gemelli Pasta with Vodka Sauce, Homestyle Vegetarian Meatloaf, Mashed Potatoes with Brown Gravy, Balsamic Roasted Vegetables, 5 Spice Pear Crumble Cake

## Weekend brunch

Friday - Sunday

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### FRIDAY | BR - BLUEBERRY BLINTZES

Blueberry Blintzes, Honey Baked Ham, Pepper Gravy over Biscuits, Scrambled Eggs, Vegan Eggs with Vegetable Scramble, Pork Sausage Link, Cracker Barrel Hashbrown Casserole, Candied Yams

### SATURDAY | CHEF'S CHOICE

### SUNDAY | BR - CHICKEN & WAFFLES

Buttermilk Fried Chicken, Vanilla Belgian Waffle, Grilled Ham and Cheese Sandwich, Pepper Gravy over Biscuits, Sweet Potato Hash, Scrambled Eggs, Home Fried Potatoes, Collard Greens

Makes  
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