



Thomas University Weekly Meal Plan Menu January-17, - January-21,- 2022



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:00 - 9:00am Friday Only 8:00 - 10:00am	<ul style="list-style-type: none"> • Eggs • Bacon • Potato Patty • French Toast • Oatmeal • Grits • Fruit/Yogurt Bar • Waffle Station • Cereal Station 	<ul style="list-style-type: none"> • Eggs • Sausage links • Potato Wedges • Pancakes • Oatmeal • Grits • Fruit/Yogurt Bar • Waffle Station • Cereal Station 	<ul style="list-style-type: none"> • Eggs • Sausage Patty • Hash browns • Breakfast wrap • Oatmeal • Grits • Fruit/Yogurt Bar • Waffle Station • Cereal Station 	<ul style="list-style-type: none"> • Eggs • Bacon • Tater Tots • Gravy and Biscuits • Oatmeal • Grits • Fruit/Yogurt Bar • Waffle Station • Cereal Station 	<ul style="list-style-type: none"> • Omlets CTO • Sausage Patty • Potato Patty • French Toast • Oatmeal • Grits • Fruit/Yogurt Bar • Waffle Station • Cereal Station
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner 5:30 - 7:00pm	<ul style="list-style-type: none"> Beef Chilli • Grill Cheese • Salad Bar • Waffle Station • Cereal Station • Dessert 	<ul style="list-style-type: none"> •Baked Zitti Broccoli • Garlic Bread • Salad Bar • Waffle Station • Cereal Station • Dessert 	<ul style="list-style-type: none"> •Chicken Wings French Fries • Corn Cobblets • Salad Bar • Waffle Station • Cereal Station • Dessert 	<ul style="list-style-type: none"> Chef Seafood Ckakes Bkaked Potatos Mixed Veggies • Salad Bar • Waffle Station • Cereal Station • Dessert 	<ul style="list-style-type: none"> Fried Shrimp French Fries Butter Corn • Salad Bar • Waffle Station • Cereal Station • Dessert