

































Breakfast 8am-11am Lunch 11am-2pm					
May	5/13/2024	5/14/2024	5/15/2024	5/16/2024	5/17/2024
DAY:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Jalapeno Popper / 521cal (12 oz.)	Spicy Lemon Ginger Chicken / 163cal (12 oz.) 	Chipotle Beef Chili / 396cal (12 oz.) 	Hearty Vegetable Noodle / 117cal (12 oz.) 	Creamy Chicken & Wild Rice / 448cal (12 oz.) 
SOUP	Sausage Kale & Potato / 483cal (12 oz.)	Broccoli Cheddar / 401cal (12 oz.) 	Egg Roll / 172cal (12 oz.)	Mexican Street Corn / 508cal (12 oz.) 	Clam Chowder / 520cal (12 oz.)
	THE MARKET	FLAVOR & FIRE	THE MARKET	THE MARKET	THE MARKET
Protein	Broccoli Beef / 223cal	Greek Bowl / 873-1061cal	Chicken or Pork Enchiladas / 398-484cal	Beef Stroganoff / 414cal	Salmon with Mustard & Brown Sugar Glaze / 392cal 
Description	Tender Strips of Asian Flank Steak with Steamed Broccoli. Served alongside Fried Rice and Chow Mein Noodles	Choice of Greek Chicken or Beef/Lamb Gyro Meat. Served over Quinoa, Cauliflower Rice, Roasted Chickpeas, Cucumber Salad, Feta, Garlic Naan and Tzatziki Sauce	Choice of Green Chicken Enchiladas or Red Pork Enchiladas. Served with Refried Beans, Spanish Rice and Spicy Sauteed Cabbage	Tender Strips of Steak & Sauteed Mushrooms in a Creamy Gravy Served over Egg Noodles. Alongside Buttered Peas and a Dinner Roll	Sweet & Savory Salmon Served with Roasted Red Potatoes and Herb Cauliflower
Sides Ala Carte	Fried Rice / 108cal 	Lemon Quinoa / 86cal  	Spicy Cabbage / 28cal 	Buttered Peas / 96cal  	Roasted Red Potatoes / 167cal 
Sides Ala Carte	Chow Mein / 235cal	Cucumber Salad / 90cal  	Spanish Rice / 152cal  	Dinner Roll / 310cal  	Herb Cauliflower / 74cal 
Sides Ala Carte		Roasted Chickpeas / 180cal  	Refried Beans / 107cal  		
HEARTH SPECIALTY	Vegetable Pizza / 392cal 	Vegetable Pizza / 392cal 	Vegetable Pizza / 392cal 	Vegetable Pizza / 392cal 	Vegetable Pizza / 392cal 
HEARTH STANDARD	Pepperoni Pizza / 458cal	Pepperoni Pizza / 458cal	Pepperoni Pizza / 458cal	Pepperoni Pizza / 458cal	Pepperoni Pizza / 458cal
FIELD OF GREENS	Chef Salad / 775cal 	Chef Salad / 775cal 	Sriracha Honey Steak Salad / 618cal	Sriracha Honey Steak Salad / 618cal 	Build Your Own Salad Bar / 100-1500cal 
Description	Fresh Mix of Greens with Ham, Turkey, Hard Boiled Eggs, Cheddar and Swiss Cheeses, Cucumber, Tomatoes and Ranch Dressing.	Fresh Mix of Greens with Ham, Turkey, Hard Boiled Eggs, Cheddar and Swiss Cheeses, Cucumber, Tomatoes and Ranch Dressing.	Fresh Mix of Greens with Steak, Tomatoes, Onions, Cucumbers, Carrots, Avocado and a Sriracha Honey Dressing.	Fresh Mix of Greens with Steak, Tomatoes, Onions, Cucumbers, Carrots, Avocado and a Sriracha Honey Dressing.	Fresh Mix of Greens with choice of toppings and Assorted Dressings. See the available options at the station.
GRILLERY	See grill menu at the station	See grill menu at the station	Mushroom Swiss Burger / 727cal	See grill menu at the station	Chili Cheese Dog / 613cal
Description	See grill menu at the station	See grill menu at the station	Beef Patty Smothered in Sauteed Mushrooms and Swiss Cheese over Lettuce and Tomato on a Potato Bun	See grill menu at the station	All Beef Hot Dog Served with Beef Chili and Shredded Cheddar Cheese on a Bun

* Menu items are subject to change due to procurement issues. Thank you for understanding.