

**The Met- October 5, 2019**

<b>Menu Item</b>	<b>Std Portion</b>	<b>Ingredients + Allergens</b>
<b>Oct 05, 2019</b>		
<b>BREAKFAST</b>		
Scrambled Eggs	4 ounces	Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt CONTAINS: Egg
Blueberry Pancakes	1 each	Buttermilk Pancake Mix (Enriched Bleached Flour(Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate,Riboflavin, Folic Acid), Yellow Corn Flour, Whey (Milk Protein),Dextrose, Leavening (Sodium Acid Pyrophosphate, Baking Soda,Monocalcium Phosphate), Sugar, Soybean Oil, Salt, Soy Flour,Buttermilk, Natural and Artificial Flavors (Contains Milk Derivatives).), Water, Liquid Eggs (Whole Egg, Citric Acid.),Blueberries,Cult,IQF,Grade A, Canola Pan Coating Spray (CanolaOil, Phosphated Mono & Diglycerides, Propellant.), Canola Oil. CONTAINS: Egg, Milk, Sov, Wheat
Grilled Chourico	3 ounces	Chourico Sausage (Pork, Water, Salt, Vinegar,Potassium Lactate, Spices, Paprika, Garlic Powder, SodiumDiacetate, Sodium Nitrite.).
O'Brien Potatoes	1/2 cup	Water, Diced Potatoes (Potatoes, Dextrose,Disodium Pyrophosphate (Added to Maintain Color), Potassium Sorbate (Added to Maintain Freshness).), Diced Green Peppers,Unsalted Butter (Cream (Milk), Natural Flavoring.), Diced Onions,Roasted Red Peppers (Bell Peppers, Water, Salt, and Citric Acid),Salt, Black Pepper. CONTAINS: Milk
Egg, Cheese + Sausage on English Muffin	1 each	English Muffin (Enriched Wheat Flour (WheatFlour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin,Folic Acid), Water, Yeast, Contains 2% or Less of the Following:High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Salt, CornMeal, Vinegar, Corn Sugar, Calcium Propionate (Preservative),Yeast Nutrient (Calcium Sulfate), Dough Conditioner (CalciumPeroxide), Fumaric Acid, Soy Lecithin.), Cage Free Eggs, PorkSausage Patty (Pork, Water, Salt, Corn Syrup Solids, Spices,Sugar, Dextrose, Spice Extractives, BHT, Propyl Gallate, CitricAcid.), Sliced Cheddar Cheese (Pasteurized Milk, Cheese Culture,Salt, Enzymes.), Salt CONTAINS: Egg, Milk, Sov, Wheat
Berry Bread Pudding	96 each	Liquid Eggs (Whole Egg, Citric Acid.),Croissant,Butter,Frozen,2oz (Enriched Flour (Wheat Flour, Niacin,Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter,Water, Sugar, Eggs, Yeast, Contains 2% or Less: Soybean Oil,Salt, Wheat Starch, Propylene Glycol Alginate, Soy Lecithin,Sodium Alginate, Dextrose, Baking Soda.), Extra Fine GranulatedSugar (Cane Sugar), Strawberries, Heavy Whipping Cream (HeavyCream, Milk, Contains Less Than 0.5% Of: Mono And Diglycerides,Polysorbate 80, Carrageenan. ), Blueberries,Cult,IQF,Grade A,Canola Pan Coating Spray (Canola Oil, Phosphated Mono &Diglycerides, Propellant.), Confectioners Sugar (Sugar,Cornstarch), Ground Cinnamon CONTAINS: Egg, Milk, Sov, Wheat
Bar, Oatmeal	4 oz ladles	Water, Pancake Syrup (Corn Syrup, Water,Artificial Maple Flavor, Salt, Sodium Benzoate, CMC Gum,Potassium Sorbate (Preservative), Caramel Color.), Strawberries,Gluten Free Honey Oat Granola (Organic Gluten Free Oats,Organic Honey, Organic High Oleic Sunflower Oil, Sea Salt AndOrganic Vanilla. This Product Is Created In A Bakery That UsesSoy, Walnuts, Hazelnuts/Filberts, Coconut, Pecans, Cashews,Almonds And Peanuts.), Honey, Light Brown Sugar (Sugar,Molasses.), Roasted Pumpkin Seeds, Toasted Sunflower Kernels(Sunflower Kernels, Vegetable Oil (Peanut, Cottonseed, PartiallyHydrogenated Soybean and/or Sunflower Seed).), Golden Raisins(Raisins, Sulfur Dioxide Added As A Preservative.), DriedSweetened Cranberries (Cranberries, Sugar.), Whole Grain Oats. CONTAINS: Sov
<b>DINNER SPECIALS</b>		
Mustard and Fennel Roasted Pork Loin	3 ounces	Pork Loin (Pork), Extra Strong Dijon Mustard(Mustard Seeds, Water, Alcohol Vinegar, White Wine 5%(Sulphites), Salt, Preservative: Sodium Bisulphite.),Juice,Lemon,Pasteurized,Ultra, Parsley, Fennel Seed, Unsalted Butter (Cream (Milk), Natural Flavoring.), Salt, Canola Oil, Black Pepper. CONTAINS: Milk
Mashed Sweet Potatoes	3 ounces	Water, Sweet Potatoes, Unsalted Butter (Cream(Milk), Natural Flavoring.), Heavy Whipping Cream (Heavy Cream,Milk, Contains Less Than 0.5% Of: Mono And Diglycerides,Polysorbate 80, Carrageenan. ), Salt, Thyme, White Pepper. CONTAINS: Milk
Roasted Butternut Squash	1 ounce	Butternut Squash, Green Oil-FG [Olive PomaceOil, Green Onions, Basil, Parsley, Garlic, Thyme, Salt, BlackPepper]
Charred Cauliflower	2 ounces	Cauliflower, Olive Oil, Salt.

## The Met- October 6, 2019

Menu Item	Std Portion	Ingredients + Allergens
<b>Oct 06, 2019</b>		
<b>BREAKFAST</b>		
Scrambled Eggs	3 ounces	Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt. CONTAINS: Egg
Choc Chip Pancakes	2 ounces	Buttermilk Pancake Mix (Enriched Bleached Flour(Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate,Riboflavin, Folic Acid), Yellow Corn Flour, Whey (Milk Protein),Dextrose, Leavening (Sodium Acid Pyrophosphate, Baking Soda,Monocalcium Phosphate), Sugar, Soybean Oil, Salt, Soy Flour,Buttermilk, Natural and Artificial Flavors (Contains Milk Derivatives).), Chocolate Cocoa Drops, Canola Pan Coating Spray (Canola Oil,Phosphated Mono & Diglycerides, Propellant.). CONTAINS: Egg, Milk, Soy, Wheat
Smoked Bacon	2 each	Smoked Bacon (Pork Cured with: Water, Salt,Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.).
Hashbrown Baby Cakes	3 ounces	Mini Potato Pancakes (Potatoes, Vegetable Oil (Contains One or More of the Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Dried Potatoes. Contains 2% orLess of Baking Powder (Sodium Acid Pyrophosphate, SodiumBicarbonate, Corn Starch, Monocalcium Phosphate), CalciumLactate, Citric Acid (to Maintain Freshness & Natural Color),Dehydrated Onion, Dextrose, Garlic Powder, Malic Acid, Modified Cellulose, Mono- & Diglycerides, Potato Starch - Modified, Salt,Sodium Citrate, Sodium Alginate, Sodium Acid Pyrophosphate Added to Maintain Natural Color, Spices, Xanthan Gum.), CanolaOil. CONTAINS: Soy
Western Frittata Egg + Cheese on Croissant	1 each	Pepper Jack Cheese (Pasteurized Milk, JalapenoPeppers, Cheese Culture, Salt, Enzymes), Liquid Eggs (WholeEgg, Citric Acid.), Virginia Style Boneless Ham (Pork Cured withWater Sugar Salt Contains 2% or Less of: Potassium LactateSodium Phosphate Sodium Diacetate Sodium Erythorbate SodiumNitrite Seasoning (Salt, Spice Extractives).), Potato Roll (EnrichedFlour (Wheat Flour Unbleached, Malted Barley Flour, Niacin,Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water,Wheat Gluten, Yeast, Sugar, Contains Less Than 2% of: CalciumPropionate (to Retain Freshness), Calcium Sulfate, Enzymes, CornFlour, Turmeric, Mono & Diglycerides, Paprika, Natural and ArtifiicalFlavors, Ascorbic Acid, Potato Flour, Salt, Soybean Oil, Stevia,Wheat Starch.), White Onions, Red Peppers, Canola Pan CoatingSpray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.),Salt. CONTAINS: Egg, Milk, Soy, Wheat

## The Met- October 6, 2019

Menu Item	Std Portion	Ingredients + Allergens
<b>DINNER SPECIALS</b>		
Chicken Tikka Masala	6 ounces	Chicken Thigh Meat, Water, Pureed Tomatoes(Vine Ripened Fresh Tomatoes, Salt And Naturally Derived CitricAcid.), Basmati Rice (White Basmati Rice), Diced Onions, HeavyWhipping Cream (Heavy Cream, Milk, Contains Less Than 0.5%Of: Mono And Diglycerides, Polysorbate 80, Carrageenan. ), PlainGreek Yogurt (Cultured Grade A Non Fat Milk), Mint Chutney[Cilantro, Water, Mint, Juice,Lemon,Pasteurized,Ultra, Salt,Jalapeno Peppers, Garlic, Ginger Puree (Ginger, Phosphoric Acid,Sodium Benzoate, Potassium Sorbate (Preservatives).), Cumin],Unsalted Butter (Cream (Milk), Natural Flavoring.),Juice,Lemon,Pasteurized,Ultra, Garlic, Vegetable Soup Base(Dehydrated Vegetables (Onion, Tomato, Sweet Corn, Carrot,Celery, Pumpkin, Carrot Juice, Bell Pepper, Green Leek andGarlic), Sea Salt, Sugar, Yeast Extract, Canola Oil, Spices, andExtractives of Celery, Onion and Garlic.), Garam Masala [CurryPowder (Spices (Cumin, Turmeric and Fenugreek), Turmeric (asColor), Salt, Red Pepper, Spice Extract.), Cumin, Black Pepper,Cardamom, Ground Nutmeg, Ground Cinnamon, Ground Clove,Ground Coriander], Salt, Canola Oil, Ginger Puree (Ginger,Phosphoric Acid, Sodium Benzoate, Potassium Sorbate(Preservatives).), Lemon, Cumin. CONTAINS: Milk
Cardomom-Roasted Fennel and Root Vegetables	3 ounces	Parsnips, Carrots, Fennel, Golden Beets, Beets,Olive Oil, Salt, Cardamom, Ginger (Ground Ginger.), BlackPepper.
Basmati Rice	0.25 cups	Water, Basmati Rice (White Basmati Rice), Salt,Canola Oil.

## The Met- October 7, 2019

Menu Item	Std Portion	Ingredients + Allergens
<b>Oct 07, 2019</b>		
<b>BREAKFAST</b>		
Scrambled Eggs	4 ounces	Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt. CONTAINS: Egg
Cinn Raisin Fren Toast	1 slice	French Toast Batter [Liquid Eggs (Whole Egg,Citric Acid.), 2% Milk, Extra Fine Granulated Sugar (Cane Sugar),Artificial Vanilla Extract (Water, Caramel Color, Vanillin, EthylVanillin, and 0.1% Potassium Sorbate (Added as a Preservative).),Ground Cinnamon, Salt], Raisin Bread (Umbromated, Unbleached,Enriched Wheat Flour (Flour, Malted Barley Flour,niacin(Vitaminb3), Reduced Iron, Thiamine Mononitrate (Vitamin B1),Riboflavin (Vitaminb2), Folic Acid), Water, Raisin, Sugar, Malt, Salt,Yeast, Cinnamon, Calcium Propionate (to Retard Spoilage), WheatGluten, Caramel,color, Enzymes, Monoglycerides, Ascorbic Acid,Xanthan Gum, Guar Gum, Corn.), Canola Pan Coating Spray(Canola Oil, Phosphated Mono & Diglycerides, Propellant.). CONTAINS: Egg, Milk, Wheat
Crispy Tater Tots	3 ounces	Tater Tots (Potatoes, Vegetable Oil (ContainsOne or More of the Following: Canola, Palm, Soybean, Sunflower),Salt, Corn Flour, Dehydrated Potato, Disodium DihydrogenPyrophosphate (to Promote Color Retention), Dextrose.), Canola. OilCONTAINS: Soy
Egg, Cheese + Bacon on English Muffin	1 each	English Muffin (Enriched Wheat Flour (WheatFlour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin,Folic Acid), Water, Yeast, Contains 2% or Less of the Following:High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Salt, CornMeal, Vinegar, Corn Sugar, Calcium Propionate (Preservative),Yeast Nutrient (Calcium Sulfate), Dough Conditioner (CalciumPeroxide), Fumaric Acid, Soy Lecithin.), Cage Free Eggs, SlicedCheddar Cheese (Pasteurized Milk, Cheese Culture, Salt,Enzymes.), Smoked Bacon (Pork Cured with: Water, Salt, Sugar,Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.), Salt. CONTAINS: Egg, Milk, Soy, Wheat
Sausage Link	1 ounce	Pork Sausage Link (Pork, Water, Maple Sugar,Salt, Spices, Dextrose, Maple Flavor (Carmelized Sugar Syrup,Flavorings, Maple Syrup, Brown Sugar), Sugar.)

## The Met- October 7, 2019

Menu Item	Std Portion	Ingredients + Allergens
<b>LUNCH SPECIALS</b>		
Greek Salad	1 serving	Romaine Lettuce, Onions, Feta Cheese(Pasteurized Milk and Skim Milk, Salt, Enzymes and VegetableCoagulant.), Sliced Green Peppers, Fresh Tomatoes, Spinach,Kalamata Olives (Kalamata Olives, Water, Salt, Sunflower Oil,Extra Virgin Olive Oil, Lactic Acid, Calcium Chloride. Warning: MayContain Pit or Pit Fragments. Manufactured in a Facility ThatProcesses Tree Nuts (Almonds) and Milk.), Olive Pomace Oil,Anchovies (Anchovies, Olive Oil, Salt),Juice,Lemon,Pasteurized,Ultra, Cucumber, Oregano, Salt. CONTAINS: Anchovy, Milk
Grilled Chicken	4 ounces	Boneless Chicken Breast (Chicken Breasts withRib Meat.), Olive Pomace Oil, Garlic, Salt, Oregano, BalsamicVinegar (Unfermented Grape Must.), Black Pepper.
<b>DINNER SPECIALS</b>		
Braised Persian Spiced Lamb	3 ounces	Leg of Lamb, Water, Diced Onions, Lime,Orange, Roasted Garlic [Garlic, Olive Pomace Oil, Salt], OlivePomace Oil, Chicken Soup Base (Salt, Chicken (IncludesRendered Fat, Cooked Skins & Cooked Meat), Sugar, MonosodiumGlutamate, Potato Flour, Onion Powder, Food Starch - Modified,Chicken Flavor (Contains Maltodextrin, Salt, Corn Oil, ChickenSkins, Beef Extract, Ascorbic Acid, Thiamine Hydrochloride),Spices, Turmeric, Natural Flavor (Contains Soybean), DisodiumInosinate And Disodium Guanylate.), Lemon, Thyme, GroundCinnamon, Turmeric, Cardamom, Ground Nutmeg, Black Pepper,Dried Bay Leaf, Saffron , Ground Coriander. CONTAINS: Soy
Persian Herbed Rice	3 ounces	Water, Basmati Rice (White Basmati Rice),Parsley, Olive Pomace Oil, Basil, Cilantro, Chives,Fresh, Salt,Saffron , Fresh Dill, Mint.
Sauteed Greens with Garlic + Chilis	2 ounces	Kale, Diced Red Peppers, Garlic, Canola Oil, Salt,Black Pepper.
Hummus	3 ounces	Chick Peas (Prepared Garbanzo Beans, Water,Salt, Calcium Chloride (Firming Agent), Disodium EDTA for ColorRetention.), Canola Oil, White Sesame Seeds (Sesame Seeds),Juice,Lemon,Pasteurized,Ultra, Salt, Olive Pomace Oil, Granulated Garlic.

## The Met- October 8, 2019

Menu Item	Std Portion	Ingredients + Allergens
<b>Oct 08, 2019</b>		
<b>BREAKFAST</b>		
Scrambled Eggs	4 ounces	Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt. CONTAINS: Egg
Apple-Maple Chicken Breakfast Sausage	2 each	Apple Maple Chicken Sausage (Skinless ChickenMeat, Brown Sugar, Dried Apple, Contains 2% or Less of VermontMaple Syrup, Maple Sugar, Salt, Spices, Natural Flavors.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.)
Homefries	3 ounces	Diced Potatoes (Potatoes, Dextrose, DisodiumPyrophosphate (Added to Maintain Color), Potassium Sorbate(Added to Maintain Freshness).), Diced Onions, Margarine,No Salt(Palm Oil, Water, Soybean Oil, Contains Less Than 2% Of SoyLecithin, Vegetable Mono & Diglycerides, Potassium Sorbate (APreservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene(Color), Vitamin A Palmitate Added.), Homefrie Seasoning-Met[Salt, Granulated Onion, Granulated Garlic, White Pepper, CelerySalt, Ground Paprika], Parsley. CONTAINS: Soy
Breakfast Burrito	1 each	Scrambled Eggs [Liquid Eggs (Whole Egg, CitricAcid.), Green Onions, Canola Pan Coating Spray (Canola Oil,Phosphated Mono & Diglycerides, Propellant.), Salt], Flour Tortilla(Bleached Enriched Wheat Flour (Wheat Flour, Malted BarleyFlour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin,Folic Acid), Water, Blend Of Vegetable Oils (Soybean Oil AndHydrogenated Cottonseed Oil), Contains 2% Or Less Of TheFollowing: Leavening (Sodium Acid Pyrophosphate, SodiumBicarbonate, Corn Starch Monocalcium Phosphate), Salt, TortillaPremix [Mono-And Diglycerides, Guar Gum, Dextrose, CelluloseGum, Enzyme Blend (Salt, Wheat Starch, Enzyme(S)), Sugar,Calcium Propionate (Preservative), Vital Wheat Gluten, FumaricAcid, Potassium Sorbate (Preservative). ), Diced Red Peppers,Diced Green Peppers, Fresh Tomatoes, Shredded CheddarCheese (Cheddar Cheese ((Pasteurized Milk, Cheese Culture, Salt,Enzymes). Anti-Caking Blend (Potato Starch, PowderedCellulose).), Diced Onions, Unsalted Butter (Cream (Milk), NaturalFlavoring.). CONTAINS: Egg, Milk, Soy, Wheat
Banana Pancakes	1 bag	Buttermilk Pancake Mix (Enriched Bleached Flour(Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate,Riboflavin, Folic Acid), Yellow Corn Flour, Whey (Milk Protein),Dextrose, Leavening (Sodium Acid Pyrophosphate, Baking Soda,Monocalcium Phosphate), Sugar, Soybean Oil, Salt, Soy Flour,Buttermilk, Natural and Artificial Flavors (Contains Milk Derivatives).), Fresh Banana, Canola Pan Coating Spray (Canola Oil,Phosphated Mono & Diglycerides, Propellant.). CONTAINS: Egg, Milk, Soy, Wheat

## The Met- October 8, 2019

Menu Item	Std Portion	Ingredients + Allergens
<b>LUNCH SPECIALS</b>		
Sausage and Peppers Sub	1 serving	Italian Sweet Pork Sausage (Pork, Water,Contains Less Than 2%: Salt, Flavorings, BHA, BHT, Citric Acid,Dextrose.), Marinara Sauce (MET) [Tomato Puree (Vine-ripenedTomatoes, Tomato Puree, Less Than 2% of: Salt, Citric Acid.),Diced Onions, Olive Pomace Oil, Garlic, Basil, Black Pepper, Salt,Red Crushed Pepper], White Onions, Julienne Yellow Peppers,Sub Roll (Enriched Flour (Wheat Flour Unbleached, Malted BarleyFlour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin,Folic Acid), Water, Contains Less Than 2% of: Ascorbic Acid,Calcium Propionate (to Retain Freshness), Calcium Sulfate,Enzymes, Monoglycerides, Propionic Acid, Phosphoric Acid, WheatGluten, Salt, Soybean Oil, Sugar, Yeast.), Red Peppers, OlivePomace Oil, Black Pepper, Fennel Seed, Salt. CONTAINS: Soy, Wheat
Roasted Onions	1 ounce	Onions, Salt, Canola Oil, Black Pepper.
Dale's Kale Salad	4 oz ladles	Kale, White Balsamic Vinegar (Wine Vinegar,Concentrate Grape Juice.), Olive Pomace Oil, Water, ShavedParmesan Cheese (Parmesan Cheese: (Pasteurized Part-SkimCow's Milk, Cheese Cultures, Salt, Enzymes), Powdered CelluloseAdded to Prevent Caking, Natamycin (a Natural Mold Inhibitor).),Honey, Garlic, Salt, Black Pepper. CONTAINS: Milk
<b>DINNER SPECIALS</b>		
Teriyaki Salmon	3.5 ounces	Salmon, Teriyaki Sauce [Water,Pineapple Juice (100% Pure Unsweetened Pineapple Juice.),Gluten Free Soy Sauce (Water, Soybeans, Salt, Sugar.), Honey,Ketchup (Tomato Concentrate (Water, Tomato Paste), HighFructose Corn Syrup, Corn Syrup, Vinegar, Salt, Onion Powder,Spice, Natural Flavors), Light Brown Sugar (Sugar, Molasses.),Cornstarch, Yellow Mustard (Distilled White Vinegar, Water,Mustard Seed, Salt, Mustard Bran, Turmeric, Paprika, Spices),Apple Cider Vinegar (100% Pure Apple Cider with 5% Acidity.),Sherry Wine, Canola Oil, Celery Salt, Beef Soup Base (Salt, PalmOil, Sugar, Hydrolyzed Corn Gluten (Contains Salt, Soybean Oil),Maltodextrin; Hydrolyzed Torula And Brewers Yeast Protein;Hydrolyzed Corn Gluten, Soy Protein And Wheat Gluten; OnionPowder, Monosodium Glutamate, Autolyzed Yeast Extract,Caramel Color, Flavor (Beef Flavor (Contains Beef Extract, Salt,Autolyzed Yeast Extract), Modified Corn Starch, Maltodextrin,Gelatin, Natural Flavor), Spices, Safflower Oil, Natural Flavor,Disodium Inosinate, And Disodium Guanylate.), Garlic, GranulatedOnion, Black Pepper], Black Sesame Seeds, White Sesame Seeds(Sesame Seeds). CONTAINS: Salmon, Soy, Wheat
Brown Rice	3 ounces	Water, Brown Rice (Long Grain Rice EnrichedWith Iron (Ferric Phosphate), Niacin, Thiamine, Mononitrate, &Folic Acid.), Salt, Canola Oil.

## The Met- October 8, 2019

Menu Item	Std Portion	Ingredients + Allergens
Salad of Tonkatsu-Glazed Broccoli & Napa Cabbage	3 ounces	Broccoli Florets, Napa Shredded Cabbage, Tonkatsu Sauce [Ketchup (Tomatoes, High Fructose Corn Syrup, Corn Syrup, Vinegar, Salt, Onion Powder, Spices, Natural Flavors.), Gluten Free Soy Sauce (Water, Soybeans, Salt, Sugar.), Mint, Rice Wine Vinegar (Rice Wine Vinegar, Sugar, Salt, Potassium Metabisulfite (As A Preservative).), Extra Fine Granulated Sugar (Cane Sugar), Extra Strong Dijon Mustard (Mustard Seeds, Water, Alcohol Vinegar, White Wine 5% (Sulphites), Salt, Preservative: Sodium Bisulfite.), Garlic, Worcestershire Sauce (Distilled White Vinegar, Molasses, Sugar, Water, Salt, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chili Pepper Extract.), Ginger Puree (Ginger, Phosphoric Acid, Sodium Benzoate, Potassium Sorbate (Preservatives).)], Radish, Black Sesame Seeds, White Sesame Seeds (Sesame Seeds), Canola Pan Coating Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.). CONTAINS: Anchovy, Soy



## The Met- October 9, 2019

Menu Item	Std Portion	Ingredients + Allergens
<b>Oct 09, 2019</b>		
<b>BREAKFAST</b>		
Scrambled Eggs	4 ounces	Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt. CONTAINS: Egg
Bacon	2 each	Smoked Bacon (Pork Cured with: Water, Salt,Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.)
Sweet Potato Homefries	3 ounces	Sweet Potatoes, Unsalted Butter (Cream (Milk),Natural Flavoring.), Canola Oil, Salt, Garlic, Black Pepper. CONTAINS: Milk
Egg + Cheese on Croissant	1 each	Croissant (Enriched Flour (Wheat Flour, BarleyMalt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid),Water, Unsalted Butter (Cream, Water, Natural Flavorings), Sugar,Yeast, Eggs. Contains 2% or Less of: Salt, Natural Flavor, SodiumStearoyl Lactylate, Soy Flour, Dextrose, Ascorbic Acid,Azodicarbonamide [ada], L-cysteine, Enzymes, CalciumPropionate (Preservative).), Cage Free Eggs, Sliced CheddarCheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes.). CONTAINS: Egg, Milk, Soy, Wheat
French Toast	1 slice	French Toast Batter [Liquid Eggs (Whole Egg,Citric Acid.), 2% Milk, Extra Fine Granulated Sugar (Cane Sugar),Artificial Vanilla Extract (Water, Caramel Color, Vanillin, EthylVanillin, and 0.1% Potassium Sorbate (Added as a Preservative).),Ground Cinnamon, Salt], Texas Toast (Enriched Flour (WheatFlour Unbleached, Malted Barley Flour, Niacin, ReducedIron,thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar,Soybean Oil, Wheat Gluten, Contains Less Than 2% of: AscorbicAcid, Calcium Propionate (to Retain Freshness), Corn Flour,Turmeric, Mono & Diglycerides, Paprika, Natural and ArtificalFlavors, Monoglycerides, Propionic Acid, Phosphoric Acid,Enzymes, Salt, Yeast.), Confectioners Sugar (Sugar, Cornstarch),Canola Pan Coating Spray (Canola Oil, Phosphated Mono &Diglycerides, Propellant.). CONTAINS: Egg, Milk, Soy, Wheat

## The Met- October 9, 2019

Menu Item	Std Portion	Ingredients + Allergens
<b>LUNCH SPECIALS</b>		
Waldorf Salad	4 ounces	Baby Kale, Pickled Red Onions [Red Onion, RedWine Vinegar, Water, Extra Fine Granulated Sugar (Cane Sugar),Pickling Spice (Spices, Black Pepper, Red Pepper), Salt],Mayonnaise,Extra Heavy (Soybean Oil, Distilled Vinegar, Egg Yolk,High Fructose Corn Syrup, Contains Less Than 2% of Salt, Water,Mustard Seed, Calcium Disodium EDTA (to Protect Flavor).),Granny Smith Apples, Crumbled Blue Cheese (Blue Cheese(Cultured Pasteurized Milk, Salt, Enzymes, Penicillium Roqueforti),Powdered Cellulose (to Prevent Caking).), Golden Raisins (Raisins,Sulfur Dioxide Added As A Preservative.), Lemon Juice (MeyerLemon Juice and Lemon Juice, Natural Flavors.), Salt, Celery,Black Pepper. CONTAINS: Egg, Milk, Soy
Roasted Turkey	3 ounces	Turkey Breast (Turkey Breast Meat, ContainingUp to 18% of a Solution of Turkey Broth, Sugar, Salt, Sodium Phosphate, Flavoring.).
<b>DINNER SPECIALS</b>		
Ina's Classic Coq Au Vin	4 ounces	Chicken Thigh Meat, Water, Red Wine, White Onions, Button Mushrooms, Bread Flour (Bleached Wheat Flour,Malted Barley Flour, Niacin, Iron, Potassium Bromate, ThiaminMononitrate, Riboflavin, Folic Acid.), Chicken Soup Base (Salt,Chicken (Includes Rendered Fat, Cooked Skins & Cooked Meat),Sugar, Monosodium Glutamate, Potato Flour, Onion Powder, FoodStarch - Modified, Chicken Flavor (Contains Maltodextrin, Salt,Corn Oil, Chicken Skins, Beef Extract, Ascorbic Acid, ThiamineHydrochloride), Spices, Turmeric, Natural Flavor (ContainsSoybean), Disodium Inosinate And Disodium Guanylate.), UnsaltedButter (Cream (Milk), Natural Flavoring.), Olive Pomace Oil,Parsley, Thyme, Garlic, Black Pepper, Dried Bay Leaf, Salt. CONTAINS: Milk, Soy, Wheat
Roasted Red Potatoes	4 ounces	Red Bliss Potatoes, Canola Oil, Garlic, Salt, BlackPepper, Parsley.
Roasted Butternut	1 ounce	Butternut Squash, Green Oil-FG [Olive PomaceOil, Green Onions, Basil, Parsley, Garlic, Thyme, Salt, BlackPepper]
Roast Brussels Sprouts	3 ounces	Brussel Sprouts,Pre-Cut,Halved, Salt, Canola Oil,Garlic.

## The Met- October 10, 2019

Menu Item	Std Portion	Ingredients + Allergens
<b>Oct 10, 2019</b>		
<b>BREAKFAST</b>		
Scrambled Eggs	4 ounces	Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt. CONTAINS: Egg
Turkey Sausage	2 ounces	Turkey Sausage Link (Turkey, Water, TexturedVegetable Protein Product (Soy Protein Concentrate, Zinc Oxide,Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin APalmitate, Calcium Pantothenate, Thiamine Mononitrate [B1],Pyridoxine Hydrochloride [B6], Riboflavin [B2], AndCyanocobalamin [B12]), Salt, Corn Syrup Solids, Spices,Hydrolyzed Soy Protein, Flavoring, Citric Acid, BHA.), Canola PanCoating Spray (Canola Oil, Phosphated Mono & Diglycerides,Propellant.). CONTAINS: Soy
Hashbrown Baby Cakes	3 ounces	Mini Potato Pancakes (Potatoes, Vegetable Oil(Contains One or More of the Following Oils: Canola, Soybean,Cottonseed, Sunflower, Corn), Dried Potatoes. Contains 2% orLess of Baking Powder (Sodium Acid Pyrophosphate, SodiumBicarbonate, Corn Starch, Monocalcium Phosphate), CalciumLactate, Citric Acid (to Maintain Freshness & Natural Color),Dehydrated Onion, Dextrose, Garlic Powder, Malic Acid, ModifiedCellulose, Mono- & Diglycerides, Potato Starch - Modified, Salt,Sodium Citrate, Sodium Alginate, Sodium Acid PyrophosphateAdded to Maintain Natural Color, Spices, Xanthan Gum.), CanolaOil. CONTAINS: Soy
Sweet Pancakes	3 ounces	Buttermilk Pancake Mix (Enriched Bleached Flour(Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate,Riboflavin, Folic Acid), Yellow Corn Flour, Whey (Milk Protein),Dextrose, Leavening (Sodium Acid Pyrophosphate, Baking Soda,Monocalcium Phosphate), Sugar, Soybean Oil, Salt, Soy Flour,Buttermilk, Natural and Artificial Flavors (Contains Milk Derivatives).). CONTAINS: Egg, Milk, Soy, Wheat
Met McMuffin	1 each	English Muffin (Enriched Wheat Flour (WheatFlour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin,Folic Acid), Water, Yeast, Contains 2% or Less of the Following:High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Salt, CornMeal, Vinegar, Corn Sugar, Calcium Propionate (Preservative),Yeast Nutrient (Calcium Sulfate), Dough Conditioner (CalciumPeroxide), Fumaric Acid, Soy Lecithin.), Cage Free Eggs, CanadianBacon (Pork Cured With Water, Sugar, Salt, Contains 2% Or LessOf: Sodium Lactate, Sodium Phosphate, Flavoring, SodiumDiacetate, Sodium Nitrite, Lactic Acid, Acidic Calcium Sulfate.),American Cheese (Milk, Water, Dairy Product Solids, SodiumCitrate, Modified Food Starch, Salt, Contains 2% or Less of CheeseCulture, Citric Acid, Cream, Enzymes, Sorbic Acid (Preservative),Soy Lecithin.), Ham (Pork Cured With Water, Salt, Dextrose,Contains 1.5% or Less of Potassium Lactate, Sodium Lactate,Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate,Sodium Nitrite.). CONTAINS: Egg, Milk, Soy, Wheat

## The Met- October 10, 2019

Menu Item	Std Portion	Ingredients + Allergens
<b>LUNCH SPECIALS</b>		
Buffalo Chicken	1 sandwich	Chicken (Made With Dark Meat- Fully Cooked)Ingredients: Dark Chicken Meat, Water, Tomatoes (Water, TomatoPaste), Seasoning (Salt, Sugar, Spices, Dehydrated Garlic,Xanthan Gum, Mustard, Dehydrated Onion, Corn Syrup Solids, Paprika, Canola Oil, Chili Pepper, Lemon Juice Solids, Natural Flavors, Garlic Powder), Chicken Fat, Sodium Phosphates, RiceFlour, Chicken Type Flavor (Autolyzed Yeast Extract, Flavors, Salt, Chicken Fat), Chili Powder (Chili Peppers, Flavoring), Curry Powder (Spices, Turmeric.), Green Onions, Onion Roll (EnrichedFlour (Wheat Flour Unbleached, Malted Barley Flour, Niacin,Reduced Iron,thiamine Mononitrate, Riboflavin, Folic Acid), Water,Chopped Dehydrated Onions, Wheat Gluten, Soybean Oil,Contains Less Than 2% of: Ascorbic Acid, Calcium Propionate (toRetain Freshness), Corn Flour, Turmeric, Mono & Diglycerides,Paprika, Natural and Artifical Flavors, Enzymes, Calcium Sulfate,Molasses, Salt, Stevia, Sugar, Yeast.), Ranch Salad Dressing(Soybean Oil, Water, Cultured Lowfat Buttermilk, Ranch Seasoning & Spices (Salt, Food Starch-modified, Monosodium Glutamate,Sugar, Dried Garlic, Dried Onion, Natural and Artificial Flavor[includes Milk, Soybean], Whey Protein Concentrate, Corn Syrup,Spices, Xanthan Gum, Sorbic Acid and Calcium Disodium Edta as Preservatives, Citric Acid, Calcium Stearate), Egg Yolks, ContainsLess Than 2% of Distilled Vinegar, Salt, Xanthan Gum, PhosphoricAcid, Natural Flavor (Includes Milk).), Texas Pete Hot Sauce(Vinegar, Aged Peppers (Peppers, Salt, Vinegar), Water, XanthanGum and Benzoate of Soda (to Preserve Freshness and Flavor)),Celery. CONTAINS: Egg, Milk, Soy, Wheat
<b>DINNER SPECIALS</b>		
Grilled Bavette Steak with Argentinian Chimichurri	4 ounces	Beef Sirloin (Beef), Garlic, Canola Oil, Salt,Caribbean Chimmichurri Sauce [Cilantro, Red Wine Vinegar, OlivePomace Oil, Honey, Parsley, Green Onions, Caribbean JerkSeasoning (Salt, Spices (Including Red Pepper), Dextrose,Caramel Color, Chives, and Sulfiting Agents.), Canola Oil, Garlic,Oregano, Salt, Lime, Red Crushed Pepper, Black Pepper], BlackPepper, Cilantro.
Cucumber and Tomato Salad	2 ounces	Cucumber, Fresh Grape Tomatoes, HouseVinaigrette [Sherry Vinegar (Sherry Vinegar, Contains Sulfites),Canola Oil, Extra Strong Dijon Mustard (Mustard Seeds, Water,Alcohol Vinegar, White Wine 5% (Sulphites), Salt, Preservative:Sodium Bisulphite.), Green Oil- [Olive Pomace Oil, Basil, CanolaOil, Parsley, Thyme, Salt, Garlic, Rosemary, Black Pepper], Salt,Garlic, Black Pepper], Parsley.
Greek Wheat Berry Salad	0.5 cups	Water, Wheatberries (Wheat Berries.), OlivePomace Oil, Shallots, Fresh Tomatoes, Feta Cheese (Feta Cheese(Pasteurized Milk, Cheese Cultures, Salt, Enzymes). Natamycin toProtect Flavor.), Kalamata Olives (Kalamata Olives, Water, Salt,Sunflower Oil, Extra Virgin Olive Oil, Lactic Acid, Calcium Chloride.Warning: May Contain Pit or Pit Fragments. Manufactured in aFacility That Processes Tree Nuts (Almonds) and Milk.), Cucumber,Juice,Lemon,Pasteurized,Ultra, White Balsamic Vinegar (WineVinegar, Concentrate Grape Juice.), Parsley, Mint, Garlic. CONTAINS: Milk, Wheat

**The Met- October 11, 2019**

<b>Menu Item</b>	<b>Std Portion</b>	<b>Ingredients + Allergens</b>
<b>Oct 11, 2019</b>		
<b>BREAKFAST</b>		
Scrambled Eggs	4 ounces	Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt. CONTAINS: Egg
Cajun Potato Wedges	2 wedges	Idaho Potatoes, Canola Oil, Cajun Seasoning(Dehydrated Garlic, Spices, Salt, Paprika (Color), DehydratedOnion and Red Pepper.), Parsley
Buttermilk Biscuit	1 each	Buttermilk Biscuit (Enriched Flour BleachedWheat Flour, Malted Barley Flour, Niacin, Iron, ThiaminMononitrate, Riboflavin, Folic Acid, Water, Palmoil, Buttermilk,Sugar, Palm Kernel Oil, Baking Soda, Nonfat Milk, Sodium AcidPyrophosphate, Whey Protein Concentrate, Salt, Sodium AluminumPhosphate, Whey, Sodium Caseinate, Natural and Artificial Flavor.) CONTAINS: Milk, Wheat
Sausage Gravy	2 ounces	Whole Milk, Pork Sausage Link (Pork, Water,Maple Sugar, Salt, Spices, Dextrose, Maple Flavor (CarmelizedSugar Syrup, Flavorings, Maple Syrup, Brown Sugar), Sugar.), Unsalted Butter (Cream (Milk), Natural Flavoring.), Bread Flour(Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron,Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid.),Garlic, Salt, Black Pepper, Sage. CONTAINS: Milk, Wheat
Frittata Egg, Turkey Sausage + Cheese on Croissant	1 each	Liquid Eggs (Whole Egg, Citric Acid.),Croissant,Butter,Frozen,2oz (Enriched Flour (Wheat Flour, Niacin,Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter,Water, Sugar, Eggs, Yeast, Contains 2% or Less: Soybean Oil,Salt, Wheat Starch, Propylene Glycol Alginate, Soy Lecithin,Sodium Alginate, Dextrose, Baking Soda.), Aged White CheddarCheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes.),Turkey Sausage Link (Turkey, Water, Textured Vegetable ProteinProduct (Soy Protein Concentrate, Zinc Oxide, Niacinamide,Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, CalciumPantothenate, Thiamine Mononitrate [B1], Pyridoxine Hydrochloride[B6], Riboflavin [B2], And Cyanocobalamin [B12]), Salt, Corn SyrupSolids, Spices, Hydrolyzed Soy Protein, Flavoring, Citric Acid,BHA.), Canola Pan Coating Spray (Canola Oil, Phosphated Mono &Diglycerides, Propellant.), Salt. CONTAINS: Egg, Milk, Soy, Wheat
Grilled Ham Steak	2 ounces	Ham (Pork Cured With Water, Salt, Dextrose,Contains 1.5% or Less of Potassium Lactate, Sodium Lactate,Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate,Sodium Nitrite.)
<b>LUNCH SPECIALS</b>		
Moules Frites	6 each	Mussels,Fresh, French Fries (Potatoes, VegetableOil (Contains One or More of the Following: Soybean Oil, CanolaOil), Disodium Dihydrogen Pyrophosphate to Promote ColorRetention, Dextrose.), Water, Chablis Wine, Unsalted Butter(Cream (Milk), Natural Flavoring.), White Onions, Grated RomanoCheese (Romano Cheese: (Pasteurized Sheep's Milk, CheeseCultures, Salt, Enzymes), Hard Grating Cheese: (Food Starch,Water, Palm Oil, Cellulose, Salt, Lactic Acid, Whey, SodiumPhosphate, Sodium Citrate, Sorbic Acid, Potassium Sorbate (as aPreservative), Artificial Color), Powdered Cellulose Added toPrevent Caking.), Fennel, Tarragon, Roasted Garlic Aioli - Met[Mayonnaise,Extra Heavy (Soybean Oil, Distilled Vinegar, Egg Yolk,High Fructose Corn Syrup, Contains Less Than 2% of Salt, Water,Mustard Seed, Calcium Disodium EDTA (to Protect Flavor).),Roasted Garlic [Garlic, Olive Pomace Oil], Water,Juice,Lemon,Pasteurized,Ultra, Lemon, Honey, Salt,Worcestershire Sauce (Distilled White Vinegar, Molasses, Sugar,Water, Salt, Onions, Anchovies, Garlic, Cloves, Tamarind Extract,Natural Flavorings, Chili Pepper Extract.), Black Pepper], GFSeafood Soup Base (Cooked Seafood (Lobster Meat, Shrimp, CrabMeat and Clams), Sea Salt, Sugar, Potato Flour, Maltodextrin,Yeast Extract, Onion Powder, Fish Extract (Bonito), DehydratedShrimp, Spices, Garlic Powder, Clam Broth, Crab Extract, andLobster Extract.), Basil, Olive Pomace Oil, Garlic, Lemon Juice(Meyer Lemon Juice and Lemon Juice, Natural Flavors.),Chives,Fresh, Parsley, Salt, Black Pepper, Red Crushed Pepper. CONTAINS: Anchovy, Bonito, Clam/Quahog, Crab,Egg, Lobster, Milk, Shrimp, Soy

**The Met- October 11, 2019**

Menu Item	Std Portion	Ingredients + Allergens
<b>DINNER SPECIALS</b>		
Slow-Braised Tuscan Pork Ragu	4 ounces	Boneless Pork Butt, Marinara Sauce (MET)[Tomato Puree (Vine-ripened Tomatoes, Tomato Puree, Less Than 2% of: Salt, Citric Acid.), Diced Onions, Olive Pomace Oil, Garlic, Basil, Black Pepper, Salt, Red Crushed Pepper], Diced Onions, Carrots, Diced Celery, Grated Romano Cheese (Romano Cheese: (Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes), Hard Grating Cheese: (Food Starch, Water, Palm Oil, Cellulose, Salt, Lactic Acid, Whey, Sodium Phosphate, Sodium Citrate, Sorbic Acid, Potassium Sorbate (as a Preservative), Artificial Color), Powdered Cellulose Added to Prevent Caking.), Red Beaujolais Wine, Pork Soup Base (Roasted Pork, Salt, Sugar, Rendered Bacon Fat, Onion Powder, Flavoring (Pork Flavor (Derived From Pork), Natural Flavor, Salt, Onion Powder), Food Starch – Modified, Hydrolyzed Wheat Protein, Autolyzed Yeast Extract, Spices, Disodium Inosinate, Disodium Guanylate, Caramel Color, Garlic Powder, Yeast Extract, Sunflower Oil, Citric Acid, and Natural Flavor.), Olive Pomace Oil, Garlic, Salt, Dried Bay Leaf, Black Pepper, Basil. CONTAINS: Milk, Wheat
Creamy Polenta	1 serving	Heavy Whipping Cream (Heavy Cream, Milk, Contains Less Than 0.5% Of: Mono And Diglycerides, Polysorbate 80, Carrageenan.), Unsalted Butter (Cream (Milk), Natural Flavoring.), White Onions, Yellow Cornmeal (Degerminated Yellow Corn Meal, Niacin*, Reduced Iron, Thiamin Mononitrate*, Riboflavin*, Folic Acid*, *B Vitamins.), Grated Romano Cheese (Romano Cheese: (Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes), Hard Grating Cheese: (Food Starch, Water, Palm Oil, Cellulose, Salt, Lactic Acid, Whey, Sodium Phosphate, Sodium Citrate, Sorbic Acid, Potassium Sorbate (as a Preservative), Artificial Color), Powdered Cellulose Added to Prevent Caking.), Green Onions, Gluten Free Vegan Chicken Flavor Base (Salt, Sugar, Maltodextrin, Yeast Extract, Onion Powder, Natural Flavors, Dehydrated Carrot Juice, Beta Carotene Color, Olive Oil, Garlic Powder, And Spices.), Garlic, Black Pepper, Red Crushed Pepper, Salt. CONTAINS: Milk
Sauteed Broccoli Rabe with Garlic + Chilis	2 ounces	Broccoli Rabe, Garlic, Lemon Juice (Meyer Lemon Juice and Lemon Juice, Natural Flavors.), Gluten Free Vegan Chicken Flavor Base (Salt, Sugar, Maltodextrin, Yeast Extract, Onion Powder, Natural Flavors, Dehydrated Carrot Juice, Beta Carotene Color, Olive Oil, Garlic Powder, And Spices.), Olive Pomace Oil, Salt, Red Crushed Pepper, Black Pepper.