

# Adult Menu | Fall 2025-Spring 2026

	Thursday	Friday	Saturday	Special Diet Notes
<b>Breakfast</b>		<b>Pancakes &amp; Syrup</b> Sausage Links Scrambled Eggs Tater Tots	<b>BRUNCH MENU</b> <b>Swedish Pancakes</b> Ham, BBQ Chicken Wings Cinnamon Rolls Breakfast Casserole Ham & Cheese Sandwiches, Chicken Salad Deviled Eggs  Fruit Tray, Cereal Yogurt, and Granola  Breakfast & Lunch Beverages + Apple Orchard Punch	<p>Since our kitchen is not an allergen-free kitchen, we cannot guarantee there will be no cross contact in the food we provide. A refrigerator and freezer, microwave, toaster, and toaster oven are provided in the Special Diet Area. The Special Diet Fridge will also have cooked chicken breast, boiled eggs, gluten free bread, yogurt, and gluten free cinnamon bread (for cinnamon roll day) for those with dietary needs only. Gluten Free pasta will be available for the pasta dinner.</p> <p>Please let us know in advance if you would like to use the special diet items listed above so that we can have them prepared for you. Food from a meal served at The Mill may be set aside for a future meal.</p> <p>For additional information please contact Amber Bushey at <a href="mailto:amberbushey@wolfmountain.org">amberbushey@wolfmountain.org</a>.</p>
<b>Lunch</b>		<b>Pork Carnitas</b> <b>Chicken Fajitas</b> Flour Tortillas + Sautéed Veggies & Toppings Black Beans Mexican Rice Corn Tortilla Chips --- Chocolate Chip Cookies		<p><b>Notes:</b></p> <p>Available at All Breakfasts: whole fruits—apples, oranges, and bananas; oatmeal, yogurt, granola, and cereal packs; water, juice, milk, and almond milk</p> <p>Available at All Lunches &amp; Dinners: full salad bar; whole fruits—apples, oranges, and bananas; water, lemonade, and sweet tea</p> <p>Coffee (decaf and regular), hot chocolate packets, selection of teas, &amp; apple cider packets available at all meals</p>
<b>Dinner</b>	<b>Breaded Chicken</b> <b>Parmesan Crusted Fish</b> Cooked Pasta Marinara Sauce Lemon Cream Sauce Garlic Bread Caesar Salad --- Tiramisu	<b>Tri-Tip BBQ</b> <b>Smoked Chicken</b> Mashed Potatoes & Gravy Ranch Beans Roasted Carrots Cheddar Bay Biscuits --- Ice Cream Bar		