



January 2017 Action Station Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	<p>SALAD– Taco Salad</p> <p>Crispy lettuce topped with tomatoes, red onion, side of salsa, taco meat, crumbled tortillas and shredded cheese</p> <p>BURGER - Philly Burger</p> <p>Grilled Angus beef patty topped with caramelized onions, peppers and queso cheese</p> <p>CLUBWICH - Reuben Panini</p> <p>PIZZA BY THE SLICE– Options Change Daily– Always have plain cheese</p>							
1						6	7	<p>Bears v Utica</p> <p>Chicken or Beef Stir fry, Fried Rice</p> <p>Gourmet Hot Dog & Sausage Bar</p>
<p>Bears v WBS 8</p> <p>Pan seared Salmon, wild rice, green beans</p> <p>Create Your Own Hibachi</p>						13	14	<p>Bears v Lehigh Valley</p> <p>Chicken Marsala, buttered noodles, vegetables</p> <p>Open faced beef sandwiches</p>
<p>Bears v Binghamton 15</p> <p>Country pepper steak, garlic mashed potatoes, glazed carrots</p> <p>Gourmet Potato Bar</p>	16	17	<p>Bears v WBS 18</p> <p>Herb roasted pork loin, parsley potatoes, Brussel sprouts with bacon and brown butter</p> <p>Create Your Own Stir Fry</p>	19	20	21		
<p>Bears v Lehigh Valley 22</p> <p>Grilled ham steak, scalloped potatoes, mixed vegetables</p> <p>Cheesesteak Bar</p>	23	24	25	26	27	28		
29	30	31	<p>*Menu Subject to Change*</p>					

