



October 2016 Action Station Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	<p>SALAD– Greek Salad With Grilled Chicken</p> <p>BURGER– Ranch Burger Angus beef burger topped with beer cheese, bacon, jumbo fried onion ring and ranch dressing</p> <p>PIZZA BY THE SLICE– Options Change Daily (Plain Cheese Always Available)</p> <p>SANDWICH– Harvest Chicken Wrap Romaine, apples, sundried cranberries, grilled chicken, celery and toasted almonds</p>				7	8	
9					14	15	
16					17	18	19
23	24	25	26	27	28	29	
30	31	*Menu Subject to Change*				22	29



Bears v Bridgeport
Chicken Cacciatore– penne pasta w/tomato wine sauce and garlic bread
Cheesesteak Bar

Bears v WBS
Stuffed Pork Chops, potato filling, roasted red bliss potatoes and buttered peas
Chicken Wing Bar

Bears v Lehigh Valley
Southwestern Chicken Stew, Honey Cornbread Muffins, Creamy Cole-slaw
Breakfast for Dinner

Bears v Binghamton
Hand Carved Prime Rib of Beef, Baked Potatoes, broccoli
Mac & Cheese Bar