



Weekly Menu

Week 3 Breakfast	SUNDAY Mar 22	MONDAY Mar 23	TUESDAY Mar 24	WEDNESDAY Mar 25	THURSDAY Mar 26	FRIDAY Mar 27	SATURDAY Mar 28
	Classic Eggs Benedict / Spinach Eggs Benedict	Broccoli & Cheddar Quiche	Ham & Mozza Baked with Chives	Arugula & Mozza Frittata	Omelet Station (Build your own Omelet)	Turkey & Egg Monte Cristo	Bacon & Mushroom Strata
	Chocolate Chip Pancakes / Mixed Berry Compote	Blueberry Pancakes / Raspberry Compote	Waffle Station / Blackberry Compote	Crepes / Strawberry Compote	Buttermilk Pancakes / Raspberry Compote	Waffle Station / Blueberry Compote	Classic French Toast / Mixed Berry Compote
	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon
	Bologna	Ham	Pork Sausage Rounds	Garlic Coil	Peameal Bacon	Pork Breakfast Sausage	Bologna
	Chicken Sausage	Beef Breakfast Sausage	Turkey Breakfast Sausage	Beef Breakfast Sausage	Turkey Sausage Rounds	Beef Breakfast Sausage	Chicken Sausage
	Steel Cut Oatmeal	Oatmeal	Oatmeal	Steel Cut Oatmeal	Oatmeal	Oatmeal	Steel Cut Oatmeal
	Quinoa Hot Cereal	Red River Cereal	Cream Of Wheat	Apple Quinoa Hot Cereal	Chia & Vanilla Cereal	Quinoa Hot Cereal	Red River Cereal

Daily

Eggs: Fried, Boiled, Poached, Scrambled, Scrambled Egg Whites
 Bacon, Baked Beans, Oatmeal, Frozen Fruit, Assorted Yogurts, Cottage Cheese/Yogurt
 Fruit: Bananas, Apples, Oranges, Fruit Salad



Weekly Menu

Week 3 Dinner	SUNDAY Mar 22	MONDAY Mar 23	TUESDAY Mar 24	WEDNESDAY Mar 25	THURSDAY Mar 26	FRIDAY Mar 27	SATURDAY Mar 28
	Roast Beef	Tex-Mex Roast Chicken	Paprika & Herb Marinated Pork Loin	Prime Rib	Caribbean Spiced Lamb Leg	Sweet Chili Roasted Chicken	Baked Trout
	Chicken Breast with Sesame, Hoisin Sauce	Baked Sole with Spinach & Tomatoes	Maple Glazed Turkey Thigh /Cranberry Sauce	Chicken Breast with Spicy Thai Sweet Pepper Sauce	Carolina BBQ Beef Ribs / Carolina BBQ Sauce	Breaded Cod	All Spice Chicken Roast
	Sweet Soy Braised Pork & Vegetables	Classic Beef Stew	Sweet & Sour Popcorn Chicken Rice Toro Bowl	Mamas Meatballs	Thai Chicken & Peanut Curry	Spicy Beef & Bean Bake	Kung Pao Beef & Vegetables
	4 Cheese Macaroni with Broccoli & Cauliflower	Lemon Coconut Chickpea & Vegetables	Vegetable Panang Curry	Lemon Orzo Primavera	Spinach & Artichoke Bean Bake	Eggplant Penne Casserole	Thai Coconut Chickpea
	Rotini	Macaroni	Fettuccine	Spaghetti	Fusilli	Penne	Bowtie Pasta
	Meatball Marinara	Creole Chicken Tomato Sauce	Chicken Alfredo Sauce	Chicken Tetrazzini Sauce	Tomato Sauce with Beef	Classic Bolognese	Turkey & Spinach Marinara
	Creamy Lemon Garlic Sauce	Basil Rose Sauce	Italian Tomato and Parmesan Sauce	Tomato Primavera Sauce	Spinach Alfredo Sauce	Creamy Broccoli Parmesan Sauce	Mushroom & Sage Cream Sauce
	Beef Hotdog	Pepperoni Pizza, Philly Steak Pizza, Mediterranean Vegetarian Pizza	Sirloin Burger	Chicken Burger	Italian Sausage	Bavarian Sausage	Fish Burger
	Sweet Potato Fries	Potato Wedges	Straight Cut Fries	Steak Cut Fries	Golden Crisp Fries	Spicy Curly Fries	Shoestring Fries



Weekly Menu

Week 3 Salad Bar	SUNDAY Mar 22	MONDAY Mar 23	TUESDAY Mar 24	WEDNESDAY Mar 25	THURSDAY Mar 26	FRIDAY Mar 27	SATURDAY Mar 28
	Brown Rice & Chickpea Salad	Roasted Vegetable Couscous Salad	Greek Barley Salad	Brown Rice & Black Bean Salad	Turkish Bulgur Salad	Barley Lime Fiesta Salad	Couscous Tabbouleh Salad
	Roasted Garlic & Herb Marinated Vegetable Salad	Spicy Corn Salad	Chickpea Salad with Zucchini & Olives	Broccoli Crunch Salad	Greek Salad	Loaded Vegetable Salad with Chickpea	Apple, Zucchini & Walnut Salad
	Home-Style Potato Salad	Macaroni Salad	Sesame Rice Noodle Salad	Bruschetta Pasta Salad	German Potato Salad	Mexican Pasta Salad	Caribbean Sweet Potato Salad
	Greek Yogurt	Cottage Cheese	Greek Yogurt	Cottage Cheese	Greek Yogurt	Cottage Cheese	Greek Yogurt
	Caramelized Onion Dip	Cajun Dip	Salsa	Roasted Garlic Cream Cheese Dip	Walnut & Roasted Red Pepper Dip	Tzatziki	Hummus

Asst Veggies, Pickles, Croutons, Asst Toppings, Salad Dressings



Weekly Menu

Week 3 Lunchroom	SUNDAY Mar 22	MONDAY Mar 23	TUESDAY Mar 24	WEDNESDAY Mar 25	THURSDAY Mar 26	FRIDAY Mar 27	SATURDAY Mar 28
				Peanut Butter & Jam			
	Dijon Mayo Turkey & Cheddar on Multigrain	Greek Chicken on Whole wheat Bread	Chicken Shawarma Sandwich on Multigrain Bread	Turkey Swiss & Arugula on Texas White Bread	Chicken Salad on White Bread	Turkey & Cheddar on 14 Grain	Korean Chicken Salad on Quinoa Bread
	Beef Taco on Plain Tortilla	Vietnamese Beef on Brizzolio Bread	Beef, Mushroom & Havarti on Texas White Bread	BBQ Beef on Brioche Bun	Steak & Cheese on Plain Tortilla	Chimichurri Beef on Texas White	Roast Beef & Cheddar on Texas Brown Bread
	BBQ Pulled Pork on Ciabatta	Salami & Mozza on 14 Grain	Smokie Sausage on Bun	BLT on Baguette	Bologna & Havarti on Quinoa Bread	Italian Cold Cut on Everything Bread	Ham & Cheddar on White Bread
Sandwich Bar	Pastrami & Cheddar on Ancient Grain Bread	Turkey & Cheddar on Whole Wheat Bread	Roast Beef & Swiss on Quinoa Bread	Pepperoni, Salami & Mozza on Everything Bread	Corned Beef & Swiss on Texas Brown Bread	Beef Hotdog	Pastrami & Swiss on Ancient Grain Bread
	Salmon Salad on Texas Brown	Cajun Shrimp on Baguette	Tuna Salad on Everything Bread	Salmon Salad on Brizzolio Bread	Cajun Shrimp on Baguette	Tuna Salad on Texas Quinoa Bread	Salmon Salad on Multigrain Bread
	Egg Salad on White Bread	Egg Salad on Multigrain Bread	Egg Salad on Ancient Grain Bread	Egg Salad on Quinoa Bread	Egg Salad on Everything Bread	Egg Salad on Brizzolio Bread	Egg Salad on Whole Wheat Bread
	Falafel on Whole Wheat Tortilla	Black Bean Burger on Sesame Bun	Chickpea, Guacamole, Monterey Jack on Plain Tortilla	Vegetarian Meatballs & Mozzarella on Panini	Vegetarian Burrito on Tomato Tortilla	Vegetarian Philly Cheese on Sub	Falafel, Feta & Cucumber on Spinach Tortilla
Ham & Cheddar Croissant	Bacon, Egg & Cheese Muffin	Bacon, Ham & Egg on Everything Bagel	Sausage, Egg & Cheese Muffin	Ham, Egg & Cheese on Brioche Bun	Egg Ranchero on Plain Tortilla	Bacon & Egg Croissant	
Soups	Chicken Tortilla Soup	Turkey & Vegetable Soup	Hamburger Soup	Southwest Chicken Soup	Beef & Barley Soup	Chicken Noodle Soup	Creamy Potato & Bacon Soup
	Mushroom & Barley Soup	Sweet Corn Chowder	Mediterranean Chickpea Soup	Tomato Vegetable Soup	Cream of Broccoli Soup	Coconut Lemongrass Soup	Minestrone Soup