



Weekly Menu

| Week 4 Breakfast | SUNDAY Mar 29 | MONDAY Mar 30 | TUESDAY Mar 31 | WEDNESDAY Apr 1 | THURSDAY Apr 2 | FRIDAY Apr 3 | SATURDAY Apr 4 |
|---------------------|---|---|---|---|--|---------------------------------------|--|
| | Ham Eggs Benedict / Spinach Eggs Benedict | Beef & Mushroom Flat Bread | Ham & Cheese Breakfast Burrito / Salsa & Sour Cream | Arugula & Mozzarella Frittata | Omelet Station (Build your own Omelet) | Sweet Potato & Chorizo Breakfast Hash | Bacon & Mushroom Strata |
| | Chocolate Chip Pancakes / Raspberry Compote | Blueberry Pancakes / Blackberry Compote | Waffle Station / Strawberry Compote | Buttermilk Pancakes / Raspberry Compote | Crepes / Blueberry Compote | Waffle Station / Mixed Berry Compote | Classic French Toast / Raspberry Compote |
| | Bacon | Bacon | Bacon | Bacon | Bacon | Bacon | Bacon |
| | Ham | Pork Sausage Rounds | Garlic Coil | Peameal Bacon | Pork Breakfast Sausage | Bologna | Ham |
| | Beef Breakfast Sausage | Turkey Breakfast Sausage | Beef Breakfast Sausage | Turkey Sausage Rounds | Beef Breakfast Sausage | Chicken Sausage | Beef Breakfast Sausage |
| | Oatmeal | Oatmeal | Steel Cut Oatmeal | Oatmeal | Oatmeal | Steel Cut Oatmeal | Oatmeal |
| | Cream Of Wheat | Apple Quinoa Hot Cereal | Chia & Vanilla Cereal | Quinoa Hot Cereal | Red River Cereal | Cream Of Wheat | Apple Quinoa Hot 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 4 | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|--|---|---|------------------------------------|--|---|---------------------------------------|
| Lunchroom | Mar 29 | Mar 30 | Mar 31 | Apr 1 | Apr 2 | Apr 3 | Apr 4 |
| Sandwich Bar | Peanut Butter & Jam | | | | | | |
| | Cajun Chicken Sandwich on White Bread | Crispy Chicken Caesar on Whole Wheat Tortilla | Dijon Mayo Turkey & Cheddar on Multigrain Bread | Greek Chicken on Whole Wheat Bread | Chicken Shawarma Sandwich on Multigrain Bread | Turkey Swiss Arugula on Texas White Bread | Chicken Salad on White Bread |
| | Beef Souvlaki on Tomato Tortilla | Roast Beef & Swiss 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 |
| | Pepperoni & Mozza on Texas Brown Bread | Mediterranean Cold Cut on Everything Bread | BBQ Pulled Pork on Ciabatta | Salami & Mozza on 14 Grain Bread | Smokie Sausage on Bun | BLT on Baguette | Bologna & Havarti on Quinoa Bread |
| | Ham & Swiss on Multigrain Bread | Deli Turkey on Brizzolio Bread | Prastrami & Cheddar on Ancient Grain Bread | Beef Hotdog | Roast Beef & Swiss on Quinoa Bread | Pepperoni, Salami & Mozza on Everything Bread | Croned Beef & Swiss on Texas Brown |
| | Cajun Shrimp on Baguette | Tuna Salad on Texas White Bread | Salmon Salad on Texas Brown Bread | Cajun Shrimp on Baguette | Tuna Salad on Everything Bread | Salmon Salad on Brizzolio Bread | Cajun Shrimp on Baguette |
| | Egg Salad on Texas White | Egg Salad on 14 Grain 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 |
| | Black Bean Burger on Sesame Bun | Roasted Vegetable Hummus Wrap | 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 |
| | Back Bacon & Egg Muffin | Breakfast B.E.L.T on Everything Bagel | Ham & Cheddar Croissant | Bacon, Egg & Cheese Muffin | Bacon, Ham & Egg on Everything Bagel | Sausage, Egg & Cheese Muffin | Ham, Egg & Cheese on Brioche Bun |
| Soups | Beef Noodle Soup | Chicken Tortilla Soup | Turkey Vegetable Soup | Hamburger Soup | Southwest Chicken Soup | Beef & Barley Soup | Chicken Noodle Soup |
| | Cream of Tomato Soup | Mushroom Barley Soup | Sweet Corn Chowder | Mediterranean Chickpea Soup | Tomato Vegetable Soup | Cream of Broccoli Soup | Coconut Lemongrass Soup |



Weekly Menu

| Week 4 Dinner | SUNDAY Mar 29 | MONDAY Mar 30 | TUESDAY Mar 31 | WEDNESDAY Apr 1 | THURSDAY Apr 2 | FRIDAY Apr 3 | SATURDAY Apr 4 |
|------------------|--|---|--|-----------------------------------|--|------------------------------|------------------------------------|
| | Beef Pot Roast | Herb Roasted Chicken | Salt & Pepper Baked Pork Shoulder | Sirloin Steak | Brown Sugar Glazed Ham | Peruvian Roast Chicken | Lemon & Thyme Arctic Char |
| | Chicken Breast with Carolina BBQ Sauce | Tuscan Baked Haddock | Roasted Chili Chicken with Adobo Chili Sauce | Chicken Tenders | Herb & Garlic Chicken Breast with Mushroom Pepper Ragout | Breaded Cod / Tartar Sauce | Cilantro Lime Butter Baked Chicken |
| | Spicy Thai Pork | Shepherd's Pie | BBQ Turkey Bowl With Sesame Chowmein Noodle | Sweet & Spicy Pork Dry Ribs | Lazy Beef Cabbage Rolls | Beef & Root Vegetable Braise | Lasagna/Garlic Bread |
| | Shell Pasta | Rotini | Macaroni | Fettuccine | Penne | Fusilli | Spaghetti |
| | Creamy Florentine Chicken Sauce | Meatball Marinara | Creole Chicken Tomato Sauce | Chicken Alfredo Sauce | Chicken Tetrazzini Sauce | Tomato Sauce with Beef | Classic Bolognese |
| | Classic Marinara | Creamy Lemon Garlic Sauce | Basil Rose Sauce | Italian Tomato and Parmesan Sauce | Tomato Primavera Sauce | Spinach Alfredo Sauce | Creamy Broccoli Parmesan Sauce |
| | Chorizo Sausage | Pepperoni Pizza/Horseradish & Beef Pizza/Caramelized Onion & Feta Pizza | Sirloin Burger | Fish Burger | Beef Hotdog | Chicken Burger | Italian Sausage |



Weekly Menu

Week 4
Salad Bar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| Mar 29 | Mar 30 | Mar 31 | Apr 1 | Apr 2 | Apr 3 | Apr 4 |



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|-----------------------------------|---|----------------------------------|---------------------------------------|-------------------------------|---------------------------|--------------------------------------|
| Barley Salad with Chickpea & Feta | Brown Rice & Chickpea Salad | Roasted Vegetable Couscous Salad | Greek Barley Salad | Brown Rice & Black Bean Salad | Turkish Bulgur Salad | Barley Lime Fiesta Salad |
| Coleslaw | Roasted Garlic & Herb Marinated Vegetable Salad | Spicy Corn Salad | Chickpea Salad with Zucchini & Olives | Broccoli Crunch Salad | Greek Salad | Loaded Vegetable Salad with Chickpea |
| Tuscan Rotini Salad | Home-Style Potato Salad | Macaroni Salad | Sesame Rice Noodle Salad | Bruschetta Pasta Salad | German Potato Salad (Egg) | Mexican Pasta Salad |

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|----------------|--------------|----------------|--------------|----------------|--------------|----------------|
| Cottage Cheese | Greek Yogurt | Cottage Cheese | Greek Yogurt | Cottage Cheese | Greek Yogurt | Cottage Cheese |
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| Spicy Feta Dip | Spinach Dip | Caramelized Onion Dip | Cajun Dip | Salsa | Roasted Garlic Cream Cheese Dip | Walnut & Roasted Red Pepper Dip |
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Asst Veggies, Pickles, Croutons, Asst Toppings, Salad Dressings