



Weekly Menu

Week 5 Breakfast

SUNDAY August 9

MONDAY August 10

TUESDAY August 11

WEDNESDAY August 12

THURSDAY August 13

FRIDAY August 14

SATURDAY August 15



Classic Eggs Benedict / Spinach Eggs Benedict	Fried Egg & Vegetable Breakfast Wrap	Ham & Cheese Croissant Frittata	Turkey & Egg Monte Cristo	Omelet Station (Build your own Omelet)	California Skillet	Bacon & Egg Breakfast Quesadilla / Salsa & Sour Cream
Blueberry Pancake / Blueberry Compote	Classic French Toast / Blackberry Compote	Waffle Station / Mixed Berry Compote	Buttermilk Pancake/ Raspberry Compote	Crepe/ Apple Compote	Waffle Station / Mixed Berry Compote	Blueberry Pancake / Blueberry Compote
Bacon	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon
Pork Breakfast Sausage	Bologna	Ham	Pork Sausage Round	Garlic Coil	Peameal Bacon	Pork Breakfast Sausage
Cajun Spiced Chicken Strips	Turkey Sausage Round	Beef Breakfast Sausage	Chicken Sausage	Turkey Breakfast Sausage	Cajun Spiced Chicken Strips	Turkey Sausage Round
Tofu Scramble	Caribbean Black Bean	Mixed Vegetable with Coconut	Ratatouille	Braised Mixed Beans with Gremolata	Maple Baked Beans & Apples	Tofu Scramble
Triangle Hashbrown Patties	Potato Latkes	Dollar Potatoes	Breakfast Hash Browns	Greek Style Potatoes	Potato Bites	Triangle Hashbrown Patties
Oatmeal	Oatmeal	Steel Cut Oatmeal	Oatmeal	Oatmeal	Steel Cut Oatmeal	Oatmeal
Red River Cereal	Chia & Vanilla Cereal	Quinoa Hot Cereal	Cream Of Wheat	Apple Quinoa Hot Cereal	Red River Cereal	Chia & Vanilla Cereal

Daily

Eggs: Fried, Boiled, Poached, Scrambled, Scrambled Egg Whites
Bacon, Baked Beans, Assorted Yogurts, Frozen Fruit



Weekly Menu

Week 5	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunchroom	August 9	August 10	August 11	August 12	August 13	August 14	August 15
	Peanut Butter and Jam on White & Whole Wheat / Peanut Butter & Jam on Raisin Bread	Peanut Butter and Jam on White & Whole Wheat	Peanut Butter and Jam on White & Whole Wheat / Peanut Butter & Jam on Raisin Bread	Peanut Butter and Jam on White & Whole Wheat	Peanut Butter and Jam on White & Whole Wheat	Peanut Butter and Jam on White & Whole Wheat / Peanut Butter & Jam on Raisin Bread	Peanut Butter and Jam on White & Whole Wheat
	Turkey Club Croissant	Grilled Vegetable & Pesto Chicken Salad on Multigrain Bread	Chicken Burger	Chicken Salad on White Bread	Roasted Red Pepper Pesto & Turkey on Focaccia	Chicken Ranch & Swiss on Kaiser Bun	Turkey & Cheddar on 14 Grain Bread
	Chimichurri Beef On Texas White Bread	Beef Hotdog	Roast Beef & Swiss on Quinoa Bread	Sriracha Beef & Cheddar on Sesame Bun	Steak & Cheese on Plain Tortilla	Beef Meatball Mini Sub Bun	Beef Taco on Plain Tortilla
	BLT on Baguette	Salami & Mozza on 14 Grain Bread	Basil Pesto Pulled Pork & Cheddar on Panini	Italian Cold Cuts on Everything Bread	Teriyaki Pulled Pork Sandwich on Sesame Bun	Mediterranean Cold Cut on Everything Bread	Smokie Sausage on Bun
	Pepperoni, Salami & Mozza on Everything Bread	Pizza Sub	Ham & Mozza on Quinoa Flax Bread	Pastrami & Swiss on Ancient Grain Bread	Salami & Swiss on 14 Grain Bread	Corned Beef & Swiss on Texas Brown	Bologna with BBQ Mayo on Quinoa Flax Bread
	Salmon Salad on Multigrain Bread	Tuna Salad on Texas White Bread	Fish Taco Wrap	Salmon Dill Salad on White Bread	Tuna Salad on Quinoa Bread	Salmon Salad on Multigrain Bread	Fish Taco Wrap
	Egg Salad on Brioche Bun	Egg Salad on White Bread	Egg Salad on Texas Brown	Egg Salad on Quinoa Bread	Egg Salad on Multigrain Bread	Egg Salad on Brizzolio Bread	Egg Salad on Kaiser Bun
	Falafel on Whole Wheat Tortilla	Roasted Vegetable Hummus on Baguette	Vegetarian Philly Cheese on Sub Bun	Pesto Vegetable Wrap	Vegetarian Meatballs & Mozzarella on Panini	Vegetarian Burrito on Tomato Tortilla	Chickpea, Guacamole, Monterey Jack on Plain Tortilla
	Ham, Egg & Cheese on Plain Bagel	Egg, Bacon and Swiss on Sesame Bun	Ham, Egg & Cheese on Brioche Bun	Bacon, Ham & Egg on Everything Bagel	Sausage, Egg & Cheese Muffin	Bacon & Egg Croissant	Ham & Cheddar Croissant
	Hamburger Soup	Southwest Chicken Soup	Beef & Barley Soup	Chicken Noodle Soup	Turkey Vegetable Soup	Beef Noodle Soup	Chicken Broccoli Soup
	Kale & Chickpea Soup	Green Curry Coconut Soup with Fresh Vegetable & Lemon Grass	Cream of Broccoli Soup	Carrot Sweet Potato & Ginger Soup	Sweet Corn Chowder	Cream of Tomato Soup	Minestrone Soup



Weekly Menu

**Week 5
Dinner**

**SUNDAY
August 9**

**MONDAY
August 10**

**TUESDAY
August 11**

**WEDNESDAY
August 12**

**THURSDAY
August 13**

**FRIDAY
August 14**

**SATURDAY
August 15**



Hamburger Soup	Southwest Chicken Soup	Beef & Barley Soup	Chicken Noodle Soup	Turkey Vegetable Soup	Beef Noodle Soup	Chicken Broccoli Soup
Kale & Chickpea Soup	Green Curry Coconut Soup with Fresh Vegetable & Lemon Grass	Cream of Broccoli Soup	Carrot Sweet Potato & Ginger Soup	Sweet Corn Chowder	Cream of Tomato Soup	Minestrone Soup
Rosemary & Mustard Roast Beef	Peruvian Roast Chicken	Tex-Mex Roast Chicken	Sirloin Steak	Mustard Crusted Pork Roast	Roast Turkey	Baked Halibut
Roasted Garlic Mushroom Sauce	Peruvian Green Sauce	Cilantro & Lime Crema	Beef Gravy	Roasted Garlic Mushroom Sauce	Turkey Gravy	Sundried Tomato Cream Sauce
Chicken Breast with Spinach & Sundried Tomato Jus	Cajun Spiced Sole with Creole Sauce	Maple Glazed Turkey Thigh	Blackened Pork Shoulder with BBQ Sauce	Tomato and Orange Braised Chicken	Breaded Sole	Honey Balsamic Roasted Chicken Breast
Chipotle Lime Pulled Pork	Mamas Meatballs	Pulled Pork Burrito Bowl with Black Bean Rice and Sour Cream Guacamole Drizzle TORO BOWL	Baked Chicken with Penne	Beef & Pesto Tortellini	Chicken Primavera	Barbacoa Beef with Potatoes
Vegetable Panang Curry / Rice (Vegan)	Lemon Orzo Primavera	Chickpea, Tofu Sesame Stir Fry	Spinach Artichoke Bean Bake	Edamame & Tofu Fried Rice	Tofu Peanut Stir-Fry / Rice (Vegan)	Braised Black Bean & Sweet Potato
Fettuccine	Spaghetti	Rotini	Macaroni	Penne	Fusilli	Bowtie Pasta
Chicken Alfredo Sauce	Beef & Mushroom Demi Glace	Creamy Florentine Chicken Sauce	Creole Chicken Tomato Sauce	Turkey & Spinach Marinara	Pesto Chicken Cream Sauce	Meatball Marinara
Tomato Primavera Sauce	Spinach Alfredo Sauce	Classic Marinara	Spinach & Sundried Tomato Cream Sauce	Basil Tomaso Sauce	Mushroom & Onion Ragout	Roasted Tomato & Basil Cream Sauce
Bavarian Sausage	Pepperoni Pizza, Taco Beef Pizza, Balsamic Roasted Vegetable Pizza	Sirloin Burger	Fish Burger / Tartar Sauce	Beef Hotdog	Italian Sausage	Chicken Burger



Weekly Menu

Week 5	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Salad	August 9	August 10	August 11	August 12	August 13	August 14	August 15
	Bulgur, Chickpea and Cranberry Salad	Couscous Tabbouleh Salad	Barley Lime Fiesta Salad	Brown Rice & Black Bean Salad	Barley & Edamame with Citrus scallion Vinaigrette	Roasted Vegetable Couscous Salad	Brown Rice & Chickpea Salad
	Broccoli Crunch Salad	Kale & Beet Salad with Lemon Vinaigrette	Spicy Sesame Broccoli Salad	Greek Salad	Coleslaw	Spicy Corn Salad	Caprese Salad with Olives & Basil
	Bruschetta Pasta Salad	Mexican Pasta Salad	Tuscan Rotini Salad	Orzo & Corn Salad	Creamy Dill Pasta Salad	Orzo Antipasto Salad	Home-Style Potato Salad
	Salsa	Mango Chili Dip	Spinach Dip	Hummus	Tzatziki	Spicy Feta Dip	Caramelized Onion Dip

Assorted Veggies, Pickles, Croutons, Assorted Toppings, Assorted Salad Dressings