



Weekly Menu

Week 1 Breakfast

SUNDAY Sept 20

MONDAY Sept 21

TUESDAY Sept 22

WEDNESDAY Sept 23

THURSDAY Sept 24

FRIDAY Sept 25

SATURDAY Sept 26



Classic Eggs Benedict / Spinach Eggs Benedict	Turkey & Egg Monte Cristo	Roasted Pepper & Monterey Jack Breakfast Casserole	Ham & Cheese Breakfast Burrito / Salsa & Sour Cream	Omelet Station (Build your own Omelet)	Broccoli & Cheddar Quiche	Cheesy Mushroom, Broccoli and Beef Breakfast Skillet
Chocolate Chip Pancake / Strawberry Compote	Classic French Toast / Blackberry Compote	Waffle Station / Mixed Berry Compote	Buttermilk Pancake / Raspberry Compote	Crepes / Apple Compote	Waffle Station / Mixed Berry Compote	Blueberry Pancake / Blueberry Compote
Bacon	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon
Ham	Pork Sausage Rounds	Garlic Coil	Peameal Bacon	Pork Breakfast Sausage	Bologna	Ham
Beef Breakfast Sausage	Chicken Sausage	Turkey Breakfast Sausage	Cajun Spiced Chicken Strips	Turkey Sausage Round	Beef Breakfast Sausage	Chicken Sausage
Mixed Vegetable with Coconut	Ratatouille	Braised Mixed Beans with Gremolata	Maple Baked Beans & Apples	Tofu Scramble	Caribbean Black Bean	Mixed Vegetable with Coconut
Dollar Potatoes	Breakfast Hash Browns	Greek Style Potatoes	Potato Bites	Triangle Hashbrown Patties	Potato Latkes	Dollar Potatoes
Steel Cut Oatmeal	Oatmeal	Oatmeal	Steel Cut Oatmeal	Oatmeal	Oatmeal	Oatmeal
Quinoa Hot Cereal	Cream Of Wheat	Apple Quinoa Hot Cereal	Red River Cereal	Chia & Vanilla Cereal	Quinoa Hot Cereal	Cream Of Wheat

Daily

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



Weekly Menu

Week 1 Lunchroom	SUNDAY Sept 20	MONDAY Sept 21	TUESDAY Sept 22	WEDNESDAY Sept 23	THURSDAY Sept 24	FRIDAY Sept 25	SATURDAY Sept 26
	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	Peanut Butter and Jam on White & Whole Wheat	Peanut Butter and Jam on White & Whole Wheat / Peanut Butter & Jam on Raisin Bread
	Cajun Chicken Sandwich on White Bread	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
	Roast Beef, Dijon & Swiss 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
	Ham & Havarti on Ancient Grain Bread	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
	Deli Turkey on Brizzolio Bread	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
	Tuna Salad on Everything 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
	Egg Salad on Texas White Bread	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
	Korean BBQ Tofu 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
	Bacon, Egg & Cheese Muffin	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
	Turkey Vegetable Soup	Chicken Broccoli Soup	Beef Noodle Soup	Chicken Leek Soup	Hamburger Soup	Southwest Chicken Soup	Beef & Barley Soup
	Sweet Corn Chowder	Minestrone Soup	Cream of Tomato Soup	Mushroom Barley Soup	Kale & Chickpea Soup	Green Curry Coconut Soup with Fresh Vegetable & Lemon Grass	Cream of Broccoli Soup



Weekly Menu



Week 1 Dinner	SUNDAY Sept 20	MONDAY Sept 21	TUESDAY Sept 22	WEDNESDAY Sept 23	THURSDAY Sept 24	FRIDAY Sept 25	SATURDAY Sept 26
	Turkey Vegetable Soup	Chicken Broccoli Soup	Beef Noodle Soup	Chicken Leek Soup	Hamburger Soup	Southwest Chicken Soup	Beef & Barley Soup
	Sweet Corn Chowder	Minestrone Soup	Cream of Tomato Soup	Mushroom Barley Soup	Kale & Chickpea Soup	Green Curry Coconut Soup with Fresh Vegetable & Lemon Grass	Cream of Broccoli Soup
	Rosemary & Mustard Roast Beef	Salt & Pepper Baked Pork Shoulder	Peruvian Roast Chicken	Sirloin Steak	Chili Lime Pesto Pork	Apple Barbecued Chicken	Paprika Baked Sable Fish
	Roasted Garlic Mushroom Sauce	Peppercorn Gravy	Peruvian Green Sauce	Beef Gravy	Fresh Apple Relish	Apple BBQ Sauce	Horseradish Dill Cream
	Roasted Garlic Mushroom Sauce	Cajun Cod & Tomatoes	Chicken Parmesan	Basil Roasted Pork Shoulder	Chicken Breast with Honey Mustard Sauce	Breaded Haddock / Tartar Sauce	Chicken Breast with Pesto Cream Sauce
	Cranberry BBQ Braised Chicken	Chicken Breast with Creamy Thyme Sauce	Herb & Butter Turkey Thigh	Cajun Cod & Tomatoes	Chili Lime Roasted Chicken	Breaded Cod	Chicken Breast with Pesto Cream Sauce
	Vietnamese Pork Stir-fry	Barbacoa Beef with Potatoes	Japanese Sticky Pork Bowl with Rice Noodles and Soy, Ginger Chili Sauce	Chicken Tikka Masala	Thai Beef	Sesame, Sweet Chili Beef & Bean Stir Fry	Southwestern Goulash
	Tofu Bean and Corn Sauté	Vegetarian Lasagna	Chickpea, Tofu Sesame Stir Fry	Thai Coconut Chickpea / Rice	Spinach Artichoke Bean Bake	Kale & Bean Chili	Cheese Tortellini with Vegetables
	Penne	Fusilli	Bowtie Pasta	Spaghetti	Fettuccine	Shell Pasta	Rotini
	Turkey & Spinach Marinara	Pesto Chicken Cream Sauce	Meatball Marinara	Classic Bolognese	Chicken Alfredo Sauce	Beef & Mushroom Demi Glace	Creamy Florentine Chicken Sauce
	Basil Tomaso Sauce	Mushroom & Onion Ragout	Roasted Tomato & Basil Cream Sauce	Mushroom and Cottage Cheese Sauce	Tomato Primavera Sauce	Spinach & Sundried Tomato Cream Sauce	Classic Marinara
	Bavarian Sausage	Pepperoni Pizza, Creamy Honey Parm Chicken Pizza, Basil & Tomato Pizza	Sirloin Burger	Beef Hotdog	Fish Burger / Tartar Sauce	Chorizo Sausage	Chicken Burger



Weekly Menu

Week 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Salad	Sept 20	Sept 21	Sept 22	Sept 23	Sept 24	Sept 25	Sept 26
	Barley & Edamame with Citrus scallion Vinaigrette	Roasted Vegetable Couscous Salad	Brown Rice & Chickpea Salad	Greek Barley Salad	Bulgur, Chickpea and Cranberry Salad	Couscous Tabbouleh Salad	Barley Lime Fiesta Salad
	Coleslaw	Spicy Corn Salad	Caprese Salad with Olives & Basil	Crisp Sesame Rainbow Slaw	Broccoli Crunch Salad	Kale & Beet Salad with Lemon Vinaigrette	Spicy Sesame Broccoli Salad
	Creamy Dill Pasta Salad	Orzo Antipasto Salad	Home-Style Potato Salad	Macaroni Salad	Bruschetta Pasta Salad	Mexican Pasta Salad	Tuscan Rotini Salad
	Spinach & Yogurt Dip	Salsa	Mango Chili Dip	Spinach Dip	Hummus	Tzatziki	Spicy Feta Dip

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