



Weekly Menu

Week 10 Breakfast	SUNDAY September 13	MONDAY September 14	TUESDAY September 15	WEDNESDAY September 16	THURSDAY September 17	FRIDAY September 18	SATURDAY September 19
	Ham Eggs Benedict / Spinach Eggs Benedict	Broccoli & Cheddar Quiche	Ham & Cheese Breakfast Burrito / Salsa & Sour Cream	Turkey & Egg Monte Cristo	Omelet Station (Build your own Omelet)	California Skillet	Bacon & Egg Breakfast Quesadilla / Salsa & Sour Cream
	Blueberry Pancake	Classic French Toast	Waffle Station	Buttermilk Pancake	Crepe	Waffle Station	Blueberry Pancake
	Blueberry Compote	Blackberry Compote	Mixed Berry Compote	Raspberry Compote	Apple Compote	Mixed Berry Compote	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
	Maple Baked Beans & Apples	Tofu Scramble	Caribbean Black Bean	Mixed Vegetable with Coconut	Ratatouille	Braised Mixed Beans with Gremolata	Maple Baked Beans & Apples
	Potato Bites	Triangle Hashbrown Patties	Potato Latkes	Dollar Potatoes	Breakfast Hash Browns	Greek Style Potatoes	Potato Bites
	Oatmeal	Steel Cut Oatmeal	Oatmeal	Oatmeal	Steel Cut Oatmeal	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 10	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunchroom	September 13	September 14	September 15	September 16	September 17	September 18	September 19
	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
	Chicken Noodle Soup	Turkey Vegetable Soup	Beef Noodle Soup	Chicken Broccoli Soup	Chicken Leek Soup	Hamburger Soup	Southwest Chicken Soup
	Carrot Sweet Potato & Ginger Soup	Sweet Corn Chowder	Cream of Tomato Soup	Minestrone Soup	Mushroom Barley Soup	Kale & Chickpea Soup	Green Curry Coconut Soup with Fresh Vegetable &Lemon Grass



Weekly Menu

Week 10	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	September 13	September 14	September 15	September 16	September 17	September 18	September 19
	Chicken Noodle Soup	Turkey Vegetable Soup	Beef Noodle Soup	Chicken Broccoli Soup	Chicken Leek Soup	Hamburger Soup	Southwest Chicken Soup
	Carrot Sweet Potato & Ginger Soup	Sweet Corn Chowder	Cream of Tomato Soup	Minestrone Soup	Mushroom Barley Soup	Kale & Chickpea Soup	Green Curry Coconut Soup with Fresh Vegetable & Lemon Grass
	Beef Pot Roast	Roast Turkey	Tropical Pineapple BBQ Chicken	Prime Rib	Chili Lime Pesto Pork	Tex-Mex Roast Chicken	Paprika Baked Sable Fish
	Peppercorn Gravy	Turkey Gravy	Tangy Fresh Herb Sauce	Au Jus	Fresh Apple Relish	Cilantro & Lime Crema	Horseradish Dill Cream Sauce
	Chicken Breast with Spinach & Sundried Tomato Jus	Cajun Spiced Sole with Creole Sauce	Maple Glazed Turkey Thigh	Hawaiian Spiced Roast Pork	Cranberry BBQ Braised Chicken	Breaded Cod	Honey Balsamic Roasted Chicken Breast
	Chipotle Lime Pulled Pork	Pineapple and Vegetable Beef Skillet	Pulled Pork Burrito Bowl with Black Bean Rice and Sour Cream Guacamole Drizzle	Thai Chicken & Mushroom Stir Fry	Mamas Meatballs	Korean Beef Bulgogi	Thai Beef
	Vegetable Panang Curry / Rice	Coconut Chickpea Masala / Rice	Chickpea, Tofu Sesame Stir Fry	Spinach Artichoke Bean Bake	Edamame & Tofu Fried Rice	Tofu Peanut Stir-Fry / Rice)	Braised Black Bean & Sweet Potato
	Macaroni	Penne	Fusilli	Bowtie Pasta	Spaghetti	Fettuccine	Shell Pasta
	Creole Chicken Tomato Sauce	Turkey & Spinach Marinara	Pesto Chicken Cream Sauce	Meatball Marinara	Classic Bolognese	Chicken Alfredo Sauce	Beef & Mushroom Demi Glace
	Spinach & Sundried Tomato Cream Sauce	Basil Tomaso Sauce	Mushroom & Onion Ragout	Roasted Tomato & Basil Cream Sauce	Mushroom and Cottage Cheese Sauce	Tomato Primavera Sauce	Spinach Alfredo Sauce
	Bavarian Sausage 52549.15	Pepperoni Pizza Taco Beef Pizza Balsamic Roasted Vegetable Pizza	Sirloin Burger	Fish Burger	Beef Hotdog	Italian Sausage	Chicken Burger



Weekly Menu

Week 10	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Salad	September 13	September 14	September 15	September 16	September 17	September 18	September 19
	Brown Rice & Black Bean Salad	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
	Greek Salad	Coleslaw	Spicy Corn Salad	Caprese Salad with Olives & Basil	Crisp Sesame Rainbow Slaw	Broccoli Crunch Salad	Kale & Beet Salad with Lemon Vinaigrette
	Orzo & Corn Salad	Creamy Dill Pasta	Orzo Antipasto Salad	Home-Style Potato Salad	Macaroni Salad	Bruschetta Pasta Salad	Mexican Pasta Salad
	Spinach & Yogurt Dip	Salsa	Mango Chili Dip	Spinach Dip	Hummus	Tzatziki	Spicy Feta Dip

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