



Weekly Menu

Week 2 Breakfast

SUNDAY
September 27

MONDAY
September 28

TUESDAY
September 29

WEDNESDAY
September 30

THURSDAY
October 1

FRIDAY
October 2

SATURDAY
October 3



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

Daily

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



Weekly Menu

Week 2 Lunchroom	SUNDAY September 27	MONDAY September 28	TUESDAY September 29	WEDNESDAY September 30	THURSDAY October 1	FRIDAY October 2	SATURDAY October 3
	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	Peanut Butter and Jam on White & Whole Wheat
	Turkey & Cheddar on 14 Grain Bread	BBQ Chicken & Cheddar on Plain Tortilla	Cajun Chicken Sandwich on White Bread	Turkey Club Croissant	Grilled Vegetable & Pesto Chicken Salad on Multigrain Bread	Chicken Burger	Chicken Salad on White Bread
	Beef Taco on Plain Tortilla	BBQ Beef on Brioche 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
	Smokie Sausage on Bun	Pepperoni & Mozza on Texas Brown Bread	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
	Bologna with BBQ Mayo on Quinoa Flax Bread	Cold Cuts on Sub Bun	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
	Fish Taco Wrap	Salmon Dill Salad on White Bread	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
	Egg Salad on Kaiser Bun	Egg Salad on Whole Wheat 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
	Chickpea, Guacamole, Monterey Jack on Plain Tortilla	Black Bean Burger on Sesame Bun	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
	Ham & Cheddar Croissant	Back Bacon & Egg Muffin	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
	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 2 Dinner	SUNDAY September 27	MONDAY September 28	TUESDAY September 29	WEDNESDAY September 30	THURSDAY October 1	FRIDAY October 2	SATURDAY October 3
	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	Chicken Mole	Brown Sugar Glazed Ham	Prime Rib	Tex-Mex Roast Chicken	Tropical Pineapple BBQ Chicken	Orange and Cilantro Arctic Char Bake
	Peppercorn Gravy	Chili Chocolate Mole Sauce	Warm Apple Sauce	Au Jus	Cilantro & Lime Crema	Tangy Fresh Herb Sauce	Lemon Caper Butter
	Maple Glazed Turkey Thigh	Cajun Spiced Sole with Creole Sauce	Chili Lime Roasted Chicken	Chicken Breast with Butter Chicken Sauce / Basmati Rice	Hawaiian Spiced Roast Pork	Breaded Sole	Chicken Breast with Spinach & Sundried Tomato Jus
	Thai Chicken & Mushroom Stir Fry	Pineapple and Vegetable Beef Skillet	BBQ Turkey Bowl with Sesame Chow Mein Noodle TORO BOWL	Vietnamese Pork Stir-fry	Turkey & Mushroom Casserole	Creamy Tomato Chicken Rotini Bake	Beef & Pesto Tortellini
	Lemon Orzo Primavera	Tofu Bean and Corn Sauté (Vegan)	Vegetarian Enchiladas	Southwestern Pasta	Edamame & Broccoli Pad Thai (Vegan)	Braised Black Bean & Sweet Potato	Coconut Chickpea Masala / Rice
	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 Alfredo Sauce	Basil Tomaso Sauce	Mushroom & Onion Ragout	Roasted Tomato & Basil Cream Sauce	Mushroom and Cottage Cheese Sauce	Tomato Primavera Sauce	Spinach Alfredo Sauce
Italian Sausage	Pepperoni Pizza, Chicken Bruschetta Pizza, Creamy Mushroom Florentine Pizza	Sirloin Burger	Chicken Burger	Chorizo Sausage	Beef Hotdog	Fish Burger / Tartar Sauce	



Weekly Menu

Week 2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Salad	September 27	September 28	September 29	September 30	October 1	October 2	October 3
	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 Salad	Orzo Antipasto Salad	Home-Style Potato Salad	Macaroni Salad	Bruschetta Pasta Salad	Mexican Pasta Salad
	Caramelized Onion Dip	Black Bean Cream Cheese Dip	Spinach & Yogurt Dip	Salsa	Mango Chili Dip	Spinach Dip	Hummus

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