



Weekly Menu

**Week 9
Breakfast**

**SUNDAY
September 6**

**MONDAY
September 7**

**TUESDAY
September 8**

**WEDNESDAY
September 9**

**THURSDAY
September 10**

**FRIDAY
September 11**

**SATURDAY
September 12**



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

Daily

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



Weekly Menu

Week 9	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunchroom	September 6	September 7	September 8	September 9	September 10	September 11	September 12
	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
	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	BBQ Chicken & Cheddar on Plain Tortilla
	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	BBQ Beef on Brioche Bun
	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 & Mozza on Texas Brown 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	Cold Cuts on Sub Bun
	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	Salmon Dill Salad on White Bread
	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	Egg Salad on Whole Wheat Bread
	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	Black Bean Burger on Sesame Bun
	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	Back Bacon & Egg Muffin
	Turkey Vegetable Soup	Beef Noodle Soup	Chicken Broccoli Soup	Chicken Leek Soup	Hamburger Soup	Southwest Chicken Soup	Beef & Barley 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	Cream of Broccoli Soup



Weekly Menu

Week 9 Dinner	SUNDAY September 6	MONDAY September 7	TUESDAY September 8	WEDNESDAY September 9	THURSDAY September 10	FRIDAY September 11	SATURDAY September 12
	Turkey Vegetable Soup	Beef Noodle Soup	Chicken Broccoli Soup	Chicken Leek Soup	Hamburger Soup	Southwest Chicken Soup	Beef & Barley 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	Cream of Broccoli Soup
	Rosemary & Mustard Roast Beef	Tex-Mex Roast Chicken	Brown Sugar Glazed Ham	Sirloin Steak	Mustard Crusted Pork Roast	Caribbean Spiced Lamb Leg	Blackened Arctic Char
	Roasted Garlic Mushroom Sauce	Cilantro & Lime Crema	Warm Apple Sauce	Beef Gravy	Roasted Garlic Mushroom Sauce	Jerk BBQ Sauce	Honey Basil Cream Sauce
	Tomato and Orange Braised Chicken	Cajun Cod & Tomatoes	Chicken Breast with Pesto Cream Sauce	Chicken Tenders	Chicken Breast with Carolina BBQ Sauce	Breaded Sole	Pesto Crusted Chicken
	Pork Tomato & Macaroni Casserole	Lasagna 59817.26/ Garlic Bread	Taco Beef Bowl with Cilantro Rice and Creamy Chipotle Sauce	Vietnamese Pork Stir-fry	Thai Beef	Beef & Pesto Tortellini	Turkey & Mushroom Casserole
	Kale & Bean Chili (Vegan)	Cheese Tortellini with Vegetables	Lemon Orzo Primavera	Tofu Bean and Corn Sauté (Vegan)	Edamame & Broccoli Pad Thai (Vegan)	Braised Black Bean & Sweet Potato	Chickpea & Vegetable Masala (Vegan)
	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 Saucex
	Basil Tomaso Sauce	Mushroom & Onion Ragout	Roasted Tomato & Basil Cream Sauce	Mushroom and Cottage Cheese Sauce	Tomato Primavera Sauce	Spinach Alfredo Sauce	Classic Marinara
	Fish Burger / Tartar Sauce	Pepperoni Pizza / Hawaiian Pizza /Caramelized Onion & Feta Pizza	Sirloin Burger	Beef Hotdog	Italian Sausage	Chicken Burger	Chorizo Sausage



Weekly Menu

Week 9

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Salad

September 6

September 7

September 8

September 9

September 10

September 11

September 12



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

Mango Chili Dip

Spinach Dip

Hummus

Tzatziki

Spicy Feta Dip

Caramelized Onion
Dip

Black Bean Cream
Cheese Dip

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