Weekly Menu

Week 3 Breakfast	SUNDAY Oct 4	MONDAY Oct 5	TUESDAY Oct 6	WEDNESDAY Oct 7	THURSDAY Oct 8	FRIDAY Oct 9	SATURDAY Oct 10
	Classic Eggs Benedict / Spinach Eggs Benedict	Beef & Mushroom Flat Bread	California Skillet	Ham & Cheese Breakfast Burrito / Salsa & Sour Cream	Omelet Station (Build your own Omelet)	Fried Egg & Vegetable Breakfast Wrap	Bacon & Egg Breakfast Quesadilla / Salsa & Sour Cream
	Buttermilk Pancake / Raspberry Compote	Crepe/ Apple Compote	Waffle Station / Mixed Berry Compote	Blueberry Pancake / Blueberry Compote	Chocolate Chip Pancake / Strawberry Compote	Waffle Station/ Mixed Berry Compote	Classic French Toast / Blackberry Compote
	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon
	Garlic Coil	Peameal Bacon	Pork Breakfast Sausage	Bologna	Ham	Pork Sausage Round	Garlic Coil
	Turkey Sausage Round	Beef Breakfast Sausage	Chicken Sausage	Turkey Breakfast Sausage	Cajun Spiced Chicken Strips	Turkey Sausage Round	Beef 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
	Chia & Vanilla Cereal	Quinoa Hot Cereal	Cream Of Wheat	Apple Quinoa Hot Cereal	Red River Cereal	Chia & Vanilla Cereal	Quinoa Hot Cereal

Daily

Eggs: Fried, Boiled, Poached, Scrambled, Scrambled Egg Whites

Bacon, Baked Beans, Assorted Yogurts, Frozen Fruit

Weekly Menu

Week 3 Lunchroom	SUNDAY Oct 4	MONDAY Oct 5	TUESDAY Oct 6	WEDNESDAY Oct 7	THURSDAY Oct 8	FRIDAY Oct 9	SATURDAY Oct 10
	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	Peanut Butter and Jam on White & Whole Wheat
	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	Cajun Chicken Sandwich on White Bread	Turkey Club Croissant	Grilled Vegetable & Pesto Chicken Salad on Multigrain Bread
	Steak & Cheese on Plain Tortilla	Beef Meatball Mini Sub Bun	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
	Teriyaki Pulled Pork Sandwich on Sesame Bun	Mediterranean Cold Cut on Everything Bread	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
	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	Deli Turkey on Brizzolio Bread	Pepperoni, Salami & Mozza on Everything Bread	Pizza Sub
	Tuna Salad on Quinoa Bread	Salmon Salad on Multigrain 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
	Egg Salad on Multigrain Bread	Egg Salad on Brizzolio 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
	Vegetarian Meatballs & Mozzarella on Panini	Vegetarian Burrito on Tomato Tortilla	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
	Sausage, Egg & Cheese Muffin	Bacon & Egg Croissant	Ham & Cheddar Croissant	Back Bacon & Egg Muffin	Bacon, Egg & Cheese Muffin	Ham, Egg & Cheese on Plain Bagel	Egg, Bacon and Swiss on Sesame Bun
	Beef & Barley Soup	Chicken Noodle Soup	Turkey Vegetable Soup	Beef Noodle Soup	Chicken Broccoli Soup	Chicken Leek Soup	Hamburger Soup
	Cream of Broccoli Soup	Carrot Sweet Potato & Ginger Soup	Sweet Corn Chowder	Cream of Tomato Soup	Minestrone Soup	Mushroom Barley Soup	Kale & Chickpea Soup

Weekly Menu

Week 3 Dinner	SUNDAY Oct 4	MONDAY Oct 5	TUESDAY Oct 6	WEDNESDAY Oct 7	THURSDAY Oct 8	FRIDAY Oct 9	SATURDAY Oct 10
	Beef & Barley Soup	Chicken Noodle Soup	Turkey Vegetable Soup	Beef Noodle Soup	Chicken Broccoli Soup	Chicken Leek Soup	Hamburger Soup
	Cream of Broccoli Soup	Carrot Sweet Potato & Ginger Soup	Sweet Corn Chowder	Cream of Tomato Soup	Minestrone Soup	Mushroom Barley Soup	Kale & Chickpea Soup
	Garlic & Thyme Roast Beef	Roast Turkey	Mustard Crusted Pork Roast	Prime Rib	Ginger and Honey Baked Pork	Sweet Chili Roasted Chicken	Lemon Parsley Baked Salmon
	Roasted Garlic Mushroom Sauce	Turkey Gravy	Roasted Garlic Mushroom Sauce	Au Jus	Peach and Apricot Glaze	Thai Sweet Chili Sauce	Cajun Chive Hollandaise
	Cranberry BBQ Braised Chicken	Cajun Spiced Sole with Creole Sauce	Herb & Butter Turkey Thigh	Chicken Breast with Pineapple Teriyaki Glaze	Carolina BBQ Beef Ribs / Carolina BBQ Sauce	Breaded Sole	Chicken Breast with Sesame, Hoisin Sauce
	Pork Tomato & Macaroni Casserole	Korean Beef Bulgogi	Thai Chicken Bowl with Jasmine Rice and Peanut Satay Sauce TORO BOWL	Chipotle Lime Pulled Pork	Harissa Braised Chicken	Tangy BBQ Meatloaf	Southwestern Goulash
	Vegetable Biriyani	Thai Coconut Chickpea / Rice (Vegan)	Vegetable Medley & Lentil Braise (Vegan)	Spinach Artichoke Bean Bake	Chickpea, Tofu Sesame Stir Fry	Edamame & Tofu Fried Rice	Vegetarian Lasagna
	Rotini	Macaroni	Penne	Fusilli	Bowtie Pasta	Spaghetti	Fettuccine
	Creamy Florentine Chicken Sauce	Creole Chicken Tomato Sauce	Turkey & Spinach Marinara	Pesto Chicken Cream Sauce	Meatball Marinara	Classic Bolognese	Chicken Alfredo Sauce
	Classic Marinara	Spinach & Sundried Tomato Cream Sauce	Basil Tomaso Sauce	Mushroom & Onion Ragout	Roasted Tomato & Basil Cream Sauce	Mushroom and Cottage Cheese Sauce	Tomato Primavera Sauce
	Bavarian Sausage	Pepperoni Pizza, Philly Steak Pizza, Supreme Vegetarian Pizza	Sirloin Burger	Fish Burger / Tartar Sauce	Chicken Burger	Chorizo Sausage	Beef Hotdog

Weekly Menu

Week 3 Salad	SUNDAY Oct 4	MONDAY Oct 5	TUESDAY Oct 6	WEDNESDAY Oct 7	THURSDAY Oct 8	FRIDAY Oct 9	SATURDAY Oct 10
	Barley Lime Fiesta Salad	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
	Spicy Sesame Broccoli Salad	Greek Salad	Coleslaw	Spicy Corn Salad	Caprese Salad with Olives & Basil	Crisp Sesame Rainbow Slaw	Broccoli Crunch Salad
	Tuscan Rotini Salad	Orzo & Corn Salad	Creamy Dill Pasta Salad	Orzo Antipasto Salad	Home-Style Potato Salad	Macaroni Salad	Bruschetta Pasta Salad
	Tzatziki	Spicy Feta Dip	Caramelized Onion Dip	Black Bean Cream Cheese Dip	Spinach & Yogurt Dip	Salsa	Mango Chili Dip

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