Weekly Menu

Week 8 Breakfast	SUNDAY Oct 8	MONDAY Oct 9	TUESDAY Oct 10	WEDNESDAY Oct 11	THURSDAY Oct 12	FRIDAY Oct 13	SATURDAY Oct 14
	Ham Eggs Benedict / Spinach Eggs Benedict	Beef & Mushroom Flat Bread	Bacon & Egg Breakfast Quesadilla / Salsa and Sour Cream	Fried Egg and Vegetable Breakfast Wrap	Omelet Station (Build Your Own)	California Skillet	Bacon, Egg and Cheese Muffin
	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
	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	Oatmeal	Oatmeal	Steel Cut Oatmeal	Oatmeal	Oatmeal	Steel Cut 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 8 Lunchroom	SUNDAY Oct 8	MONDAY Oct 9	TUESDAY Oct 10	WEDNESDAY Oct 11	THURSDAY Oct 12	FRIDAY Oct 13	SATURDAY Oct 14
	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
	Chicken Salad on White Bread	Roasted Red Pepper Pesto & Turkey on Focacci	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
	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	Roast Beef, Dijon & Swiss on 14 Grain Bread	Chimichurri Beef On Texas White Bread
	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	Ham & Havarti on Ancient Grain Bread	BLT on Baguette
	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	Deli Turkey on Brizzolio Bread	Pepperoni, Salami & Mozza on Everything Bread
	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	Tuna Salad on Everything Bread	Salmon Salad on Multigrain Bread
	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	Egg Salad on Texas White Bread	Egg Salad on Brioche 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	Korean BBQ Tofu on Kaiser Bun	Falafel on Whole Wheat Tortilla
	Bacon, Ham & Egg on Everything Bagel	Sausage, Egg & Cheese Muffin	Bacon & Egg Croissant	Ham & Cheddar Croissant	Back Bacon & Egg Muffin	Bacon, Egg & Cheese Muffin	Ham, Egg & Cheese on Plain Bagel
	Beef Noodle Soup	Chicken Broccoli Soup	Chicken Leek Soup	Hamburger Soup	Southwest Chicken Soup	Beef & Barley Soup	Chicken Noodle Soup
	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	Carrot Sweet Potato & Ginger Soup

Weekly Menu

Week 8 Dinner	SUNDAY Oct 8	MONDAY Oct 9	TUESDAY Oct 10	WEDNESDAY Oct 11	THURSDAY Oct 12	FRIDAY Oct 13	SATURDAY Oct 14
	Beef Noodle Soup	Chicken Broccoli Soup	Chicken Leek Soup	Hamburger Soup	Southwest Chicken Soup	Beef & Barley Soup	Chicken Noodle Soup
	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	Carrot Sweet Potato & Ginger Soup
	Roast Beef	Tropical Pineapple BBQ Chicken	Ginger and Honey Baked Pork	Sirloin Steak	Sweet Chili Roasted Chicken	Chicken Mole	Lemon Dill Halibut
	Pan Gravy	Tangy Fresh Herb Sauce	Peach and Apricot Glaze	Beef Gravy	Thai Sweet Chili Sauce	Chili Chocolate Mole Sauce	Honey Basil Cream Sauce
	Chili Lime Roasted Chicken	Cajun Cod & Tomatoes	Herb & Butter Turkey Thigh	Chicken Breast with Pineapple Teriyaki Glaze	Carolina BBQ Pork Ribs / Carolina BBQ Sauce	Breaded Cod	Chicken Breast with Sesame, Hoisin Sauce
	Tangy BBQ Meatloaf	Stir Fried Ginger Beef	Thai Chicken Bowl with Jasmine Rice and Peanut Satay Sauce	Chipotle Lime Pulled Pork	Thai Chicken & Mushroom Stir Fry	Shepherd's Pie	Barbacoa Beef with Potatoes
	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
	Fusilli	Bowtie Pasta	Spaghetti	Fettuccine	Shell Pasta	Rotini	Macaroni
	Pesto Chicken Cream Sauce	Meatball Marinara	Classic Bolognese	Chicken Alfredo Sauce	Beef & Mushroom Demi Glace	Creamy Florentine Chicken Sauce	Creole Chicken Tomato Sauce
	Mushroom & Onion Ragout	Roasted Tomato & Basil Cream Sauce	Mushroom and Cottage Cheese Sauce	Tomato Primavera Sauce	Spinach Alfredo Sauce	Classic Marinara	Spinach & Sundried Tomato Cream Sauce
	Beef Hotdog	Pepperoni Pizza / Philly Steak Pizza / Supreme Vegetarian Pizza	Sirloin Burger	Fish Burger / Tartar Sauce	Chicken Burger	Chorizo Sausage	Bavarian Sausage

Weekly Menu

Week 8 Salad	SUNDAY Oct 8	MONDAY Oct 9	TUESDAY Oct 10	WEDNESDAY Oct 11	THURSDAY Oct 12	FRIDAY Oct 13	SATURDAY Oct 14
	Roasted Vegetable Couscous Salad	Brown Rice & Chickpea Salad	Greek Barley Salad	Bulgur, Chickpea and Cranberry Salad	Couscous Tabbouleh Salad	Barley Lime Fiesta Salad	Brown Rice & Black Bean Salad
	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	Greek Salad
	Orzo Antipasto Salad	Home-Style Potato Salad	Macaroni Salad	Bruschetta Pasta Salad	Mexican Pasta Salad	Tuscan Rotini Salad	Orzo & Corn Salad
	Hummus	Tzatziki	Spicy Feta Dip	Caramelized Onion Dip	Black Bean Cream Cheese Dip	Spinach & Yogurt Dip	Salsa

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