



Weekly Menu

Week 5	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dinner	May 12	May 13	May 14	May 15	May 16	May 17	May 18
	Roast Beef	Peruvian Roast Chicken	Baked Pork Shoulder	Sirloin Steak	Roast Chicken	Brown Sugar Glazed Ham	Sesame Baked Sable Fish
	Herb & Butter Turkey Thigh	Spiced Haddock w/ Chive Hollandaise	Chicken Breast w/ Carolina BBQ Sauce	Cajun Cod & Tomatoes	Breaded Sole	Chicken Breast w/ Honey & Lemon Glaze	Baked Chicken w/ Mushroom Sauce
	Southwestern Chicken & Black Bean Skillet	Turkey Bolognese & Penne Bake	Korean Beef Bulgogi	Buffalo Chicken Mac & Cheese	Creamy Turkey Pot Pie with Puff Pastry	Beef & Rice Stuffed Peppers	Kung Pao Beef & Vegetables
	Vegetable Biryani	Tofu Peanut Stir-Fry	Coconut Chickpea Masala	Coconut Chickpea Masala	Garlic Parmesan Braised White Bean	Spicy Ginger Vegetable Stir-fry	Three Bean Paella
	Fettuccine	Shell Pasta	Rotini	Macaroni	Spaghetti	Penne	Bowtie Pasta
	Chicken Alfredo	Spicy Sausage Tomato Sauce	Turkey Rose Sauce	Garlic Shrimp Tomato Sauce	Chicken Carbonara	Classic Bolognese	Classic Bolognese
	Classic Marinara	Spinach Pesto Cream Sauce	Vegetable Tomato Sauce	Basil Rose Sauce	Tomato Primavera Sauce	Mushroom & Sage Cream Sauce	Creamy Parmesan Sauce
	Beef Hotdog	Pizza (Canadiana / Deluxe / Mediterranean)	Fish Burger	Bavarian Sausage	Chicken Burger	Italian Sausage	Sirloin Burger



Weekly Menu

Week 5 Salad Bar	SUNDAY May 12	MONDAY May 13	TUESDAY May 14	WEDNESDAY May 15	THURSDAY May 16	FRIDAY May 17	SATURDAY May 18
	Spinach	Kale	Arugula	Spinach & Radicchio	Spinach	Kale	Arugula
	Romaine	Iceberg	Leaf Lettuce	Spring Mix	Romaine	Iceberg	Leaf Lettuce
	Brown Rice	Bulgur & Grape Salad	Quinoa	Barley Salad w/ Chickpea and Olive	Bulgur	Chipotle Brown Rice Salad w/ Bell Peppers	Barley
	Spicy Corn Salad	Broccoli Salad w/ Toasted Seeds	Greek Salad	Walnut & Feta Spinach Salad	Coleslaw	Roasted Vegetable Tahini Salad	Kale Salad w/ Cranberry & Chickpea
	Pesto Caprese Potato Salad	Chickpea & Sundried Tomato Orzo Salad	Roasted Potatoes Salad w/ Jalapenos	Sweet Potato Salad	Balsamic Marinated Pasta salad	Home-style Potato Salad	Bruschetta Pasta Salad
	Spicy Black Bean Dip	Creamy Pesto Dip	Salsa	Jalapeno Cream Cheese Dip	Hummus	Spinach Dip	Sundried Tomato Cream Cheese Dip
	Chickpeas	Walnut	Yellow Split Pea	Edamame	Black Beans	White Kidney Bean	Pinto Beans

Asst Veggies, Pickles, Croutons, Asst Toppings, Salad Dressings



Weekly Menu

Week 5 Lunchroom	SUNDAY May 12	MONDAY May 13	TUESDAY May 14	WEDNESDAY May 15	THURSDAY May 16	FRIDAY May 17	SATURDAY May 18
Sandwich Bar	Peanut Butter & Jam						
	Turkey & Swiss on Cranberry Baguette	Greek Chicken Wrap	Chicken Burger	Chicken Salad on White	Deli Turkey Panini	Turkey Bacon Ranch on Ciabatta	Thai Chicken Wrap
	Beef Panini	BBQ Beef on Sesame Bun	Roast Beef & Swiss on Texas Brown	Deli Beef on Ciabatta	Steak & Cheese Wrap	Chimichurri Beef Wrap	Roast Beef & Mozzarella on Quinoa Bread
	Beef Hotdog	BBQ Pulled Pork on Ciabatta	Deli Ham on 14 Grain Bread	Smokie Sausage on Bun	Ham & Mozzarella on Quinoa Flax	BLT on Texas White	Ham & Swiss on Whole Wheat
	Corned Beef & Cheddar on Rye Bread	Pastrami & Swiss on Ciabatta	Bologna & Cheddar on Texas White	Turkey & Ham on Quinoa Bread	Cold Cut Sub	Salami on Everything Bread	Pizza Burger
	Tuna Salad on Texas White Bread	Shrimp Salad Wrap	Fish Taco Wrap	Tuna Salad on Ancient Grain Bread	Crab Salad Wrap	Classic Fish Burger	Salmon Salad on Marble Rye Bread
	Egg Salad on Ancient Grain Bread	Egg Salad on Everything Bread	Egg Salad on White Bread	Egg Salad on Quinoa Bread	Egg Salad on Texas Brown	Egg Salad on Whole Wheat Tortilla	Egg Salad on Brizzolio Bread
	Chickpea & Kale on Ciabatta	Buffalo Cauliflower Wrap	Falafel Pita w/ Feta & Cucumber	Vegetarian Burrito	Black Bean Burger	Chickpea Vegetable Wrap	Sweet Potato & Black Bean on Pita
Soups	Ham & Egg Muffin	Egg & Cheddar Wrap	Breakfast B.E.L.Ton Everything Bagel	Bacon & Egg Wrap	Egg & Swiss Croissant	Bacon, Egg & Cheese Muffin	Egg Ranchero Wrap
	Cream of Turkey Soup	Chicken & Mushroom Soup	Hearty Beef & Vegetable Soup	Turkey & Rice Soup	Chicken Noodle Soup	Beef & Barley Soup	Turkey Vegetable Soup
	Tomato Vegetable Soup	Creamy Vegetable Soup	Pumpkin & Sage Soup	Cream of Tomato w/ Tortellini Soup	Corn Chowder	Mushroom Bisque	Roasted Cauliflower Soup



Weekly Menu

Week 5 Breakfast	SUNDAY May 12	MONDAY May 13	TUESDAY May 14	WEDNESDAY May 15	THURSDAY May 16	FRIDAY May 17	SATURDAY May 18
	Classic Eggs Benedict (Optional Vegetarian)	Spinach & Cheddar Strata	Sausage & Egg Breakfast Burrito	Broccoli & Cheddar Quiche	MTO Omelet Station	Sausage & Pepper Breakfast Casserole	Turkey & Egg Monte Cristo Sandwich
	Chocolate Chip Pancakes	Crepes w/ Blueberry Compote	Buttermilk Pancakes w/ Strawberry Compote	Waffle Station	Classic French Toast w/ Mixed Berry Compote	Blueberry Pancakes	Multigrain Pancakes w/ Mixed Berry Compote
	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon
	Pork Sausage Rounds	Garlic Coil	Peameal Bacon	Pork Breakfast Sausage	Bologna	Ham	Pork Sausage Rounds
	Turkey Breakfast Sausage	Beef Breakfast Sausage	Turkey Sausage Rounds	Beef Breakfast Sausage	Chicken Sausage	Beef Breakfast Sausage	Turkey Breakfast Sausage
	Oatmeal	Steel Cut Oatmeal	Oatmeal	Oatmeal	Steel Cut Oatmeal	Oatmeal	Oatmeal
	Red River Cereal	Cream Of Wheat	Quinoa Hot Cereal	Chia & Vanilla Cereal	Red River Cereal	Cream Of Wheat	Quinoa Hot Cereal

Daily

Eggs: Fried, Boiled, Poached, Scrambled, Scrambled Egg Whites
 Bacon, Baked Beans, Oatmeal, Frozen Fruit, Assorted Yogurts, Cottage Cheese/Yogurt
 Fruit: Bananas, Apples, Oranges, Fruit Salad