



Weekly Menu

Week 3 Dinner	SUNDAY April 28	MONDAY April 29	TUESDAY April 30	WEDNESDAY May 1	THURSDAY May 2	FRIDAY May 3	SATURDAY May 4
	Beef Pot Roast	Peruvian Roast Chicken	Brown Sugar Glazed Ham	Sirloin Steak	Lemon Baked Lamb	Roast Chicken	Baked Trout
	Chicken Breast w/ Honey & Lemon Glaze	Mediterranean Haddock w/ Olive Tapenade	Maple Glazed Turkey Thigh	Chicken Breast w/ Teriyaki Sauce	Carolina BBQ Pork Ribs	Battered Cod	Baked Chicken w/ Mushroom Sauce
	Creamy Turkey Pot Pie with Puff Pastry	Kung Pao Beef & Vegetables	Ginger Shrimp Stir fry	Chicken & Chorizo Jambalaya	Thai Chicken & Peanut Curry	Barbacoa Beef & Potatoes	BBQ Pulled Pork Macaroni & Cheese
	Vegetarian Pad Thai	Vegetable Biryani	Tofu Peanut Stir-Fry	Coconut Chickpea Masala	Chipotle Chili, Bean & Pepper Casserole	Garlic Parmesan Braised White Bean	Spicy Ginger Vegetable Stir-fry
	Shell Pasta	Rotini	Macaroni	Orzo	Spaghetti	Penne	Bowtie Pasta
	Turkey Rose Sauce	Chicken & Spinach Marinara	Chicken Carbonara	Classic Bolognese	Garlic Shrimp Tomato Sauce	Meatball Marinara	Chicken Alfredo
	Vegetable Tomato Sauce	Creamy Parmesan Sauce	Tomato Primavera Sauce	Mushroom & Sage Cream Sauce	Basil Rose Sauce	Roasted Garlic Cream Sauce	Classic Marinara
	Italian Sausage	Pizza (Jalapeno Beef / Chicken Pesto / Bruschetta)	Sirloin Burger	Beef Hotdog	Fish Burger	Bavarian Sausage	Chicken Burger



Weekly Menu

Week 3 Salad Bar	SUNDAY April 28	MONDAY April 29	TUESDAY April 30	WEDNESDAY May 1	THURSDAY May 2	FRIDAY May 3	SATURDAY May 4
	Arugula	Spinach & Radicchio	Spinach	Kale	Arugula	Spinach & Radicchio	Spinach
	Leaf Lettuce	Spring Mix	Romaine	Iceberg	Leaf Lettuce	Spring Mix	Romaine
	Quinoa	Barley Salad w/ Chickpea and Olive	Bulgur	Chipotle Brown Rice Salad w/ Bell Peppers	Barley	Cranberry & Apple Quinoa Salad	Brown Rice
	Greek Salad	Coleslaw	Walnut & Feta Spinach Salad	Roasted Vegetable Tahini Salad	Kale Salad w/ Cranberry & Chickpea	Spinach & Mushroom Salad w/ Beets	Spicy Corn Salad
	Roasted Potatoes Salad w/ Jalapenos	Sweet Potato Salad	Balsamic Marinated Pasta salad	Home-style Potato Salad	Bruschetta Pasta Salad	Macaroni Salad	Pesto Caprese Potato Salad
	Hummus	Spinach Dip	Sundried Tomato Cream Cheese Dip	Roasted Red Pepper Hummus	Tzatziki	Spicy Black Bean Dip	Creamy Pesto Dip
	Yellow Split Pea	Edamame	Black Beans	White Kidney Bean	Pinto Beans	Ginger & Chili Tofu	Chickpeas

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



Weekly Menu

Week 3 Lunchroom	SUNDAY April 28	MONDAY April 29	TUESDAY April 30	WEDNESDAY May 1	THURSDAY May 2	FRIDAY May 3	SATURDAY May 4
	Peanut Butter & Jam						
	Deli Turkey Panini	Chicken Burger	Thai Chicken Wrap	Turkey & Cheddar on Rye Bread	Crispy Chicken Caesar Wrap	Turkey & Swiss on Cranberry Baguette	Greek Chicken Wrap
	Steak & Cheese Wrap	Chimichurri Beef Wrap	Roast Beef & Mozzarella on Quinoa Bread	Vietnamese Beef Wrap	Roast Beef & Cheddar on Texas White	Beef Panini	BBQ Beef on Sesame Bun
	Ham & Mozzarella on Quinoa Flax	BLT on Texas White	Ham & Swiss on Whole Wheat	Cuban Pulled Pork on Panini	Ham & Cheddar on White	Beef Hotdog	BBQ Pulled Pork on Ciabatta
Sandwich Bar	Cold Cut Sub	Salami on Everything Bread	Pizza Burger	Ham & Salami on Brizzolio	Deli Trio on Panini	Corned Beef & Cheddar on Rye Bread	Pastrami & Swiss on 155105.14
	Crab Salad Wrap	Classic Fish Burger	Salmon Salad on Marble Rye Bread	Crispy Shrimp Wrap	Salmon Salad on Brizzolio Bread	Tuna Salad on Texas White Bread	Shrimp Salad Wrap
	Egg Salad on Texas Brown	Egg Salad on Whole Wheat Tortilla	Egg Salad on Brizzolio Bread	Egg Salad on 14 Grain Bread	Egg Salad on Texas White	Egg Salad on Ancient Grain Bread	Egg Salad on Everything Bread
	Black Bean Burger	Chickpea Vegetable Wrap	Sweet Potato & Black Bean on Pita	Sesame Edamame Wrap	Falafel Wrap	Chickpea & Kale on Ciabatta	Buffalo Cauliflower Wrap
	Egg & Swiss Croissant	Bacon, Egg & Cheese Muffin	Egg Ranchero Wrap	Sausage, Egg & Cheese Muffin	Bacon & Egg Croissant	Ham & Egg Muffin	Egg & Cheddar Wrap
	Hearty Beef & Vegetable Soup	Turkey & Rice Soup	Chicken Noodle Soup	Beef & Barley Soup	Turkey Vegetable Soup	Manhattan Clam Chowder	Cream of Turkey Soup
Soups	Pumpkin & Sage Soup	Cream of Tomato w/ Tortellini Soup	Corn Chowder	Mushroom Bisque	Roasted Cauliflower Soup	Cream of Broccoli Soup	Tomato Vegetable Soup



Weekly Menu

**Week 3
Breakfast**

**SUNDAY
April 28**

**MONDAY
April 29**

**TUESDAY
April 30**

**WEDNESDAY
May 1**

**THURSDAY
May 2**

**FRIDAY
May 3**

**SATURDAY
May 4**



Classic Eggs
Benedict
(Optional
Vegetarian)

Spinach &
Cheddar Strata

Turkey & Egg
Monte Cristo
Sandwich

Sausage & Pepper
Breakfast
Casserole

MTO Omelet
Station

Broccoli &
Cheddar Quiche

Sausage & Egg
Breakfast Burrito

Buttermilk
Pancakes w/
Strawberry
Compote

Crepes w/
Raspberry
Compote

Blueberry
Pancakes

Waffle Station

Classic French
Toast w/ Mixed
Berry Compote

Multigrain
Pancakes w/
Mixed Berry
Compote

Chocolate Chip
Pancakes

Bacon

Bacon

Bacon

Bacon

Bacon

Bacon

Bacon

Fried Bologna

Ham

Pork Sausage
Rounds

Garlic Coil

Peameal Bacon

Pork Breakfast
Sausage

Fried Bologna

Turkey
Sausage

Beef Breakfast
Sausage

Turkey Sausage
Rounds

Beef Breakfast
Sausage

Turkey Breakfast
Sausage

Beef Breakfast
Sausage

Turkey
Sausage

Steel Cut
Oatmeal

Oatmeal

Oatmeal

Steel Cut Oatmeal

Oatmeal

Oatmeal

Steel Cut Oatmeal

Quinoa Hot
Cereal

Chia & Vanilla
Cereal

Red River Cereal

Cream Of Wheat

Quinoa Hot
Cereal

Chia & Vanilla
Cereal

Red River 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