



WEEK 5 11/1 - 11/3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
REGULAR					Cranberry & Blueberry Muffin, Cup of Fresh Fruit Salad and Yogurt Parfait with Berries	Scrambled Eggs with Strips of Bacon and Cheddar Grits	Turkey Sausage Breakfast Burritos with Fruit Cup and Sweet Potato Hash
VEGETARIAN					Same	Scrambled Eggs with Strips of Bacon and Cheddar Grits	Veggie Burritos with Fruit Cup and Sweet Potato Hash
Lunch							
REGULAR					Grilled Chicken Breast with Pesto, Allspice Orzo Salad and Vegetable	Gnocchi alla Sorrentina with Salad	Assorted Sandwiches with Orzo Pasta Salad
VEGETARIAN					Stuffed Zucchini, Allspice Orzo Salad and Vegetable	Same	Same
Dinner							
REGULAR					Sesame Noodles with Asian Pork & Pineapple and Garlicky Green Beans	Grilled Filet of Beef with Chimichurri Sauce, Roasted Sweet Potatoes & Salad	Chicken Fajitas, Spanish Rice with Tomato & Peppers and Sauteed Squash
VEGETARIAN					Sesame Noodles with Grilled Asian Tofu and Garlicky Green Bean	Black Bean Burger with Roasted Sweet Potatoes & Salad	Gilled Portobello, Spanish Rice with Tomato & Peppers and Sauteed Squash

WEEK 6 11/4 - 11/10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
REGULAR	Breakfast Bread Pudding with Fruit Cups and Tater Tots	Breakfast Bowl – Egg, Cheddar, Pepper, Onion, Potatoes, Turkey Sausage with Fruit Salad and Yogurt Parfait	Breakfast Sampler - Toast, Turkey Sausage, Bacon Strips, Egg and Hash Brown	French Toast with Home Fried Potatoes and a Whole Fruit	Breakfast Sandwich – Turkey Sausage, Egg & Cheese with Creamy Cheddar Grits and Fresh Fruit Salad	Breakfast Bowl – Egg, Cheddar, Peppers, Onions, Potatoes, Turkey Sausage and a Fruit Cup	Blueberry or Cranberry Muffin, Fruit Salad and Yogurt Parfait
VEGETARIAN	Same	Breakfast Bowl – Egg, Cheddar, Pepper, Onion, Potatoes, Veggie Sausage with Fruit Salad and Yogurt Parfait	Veggie Sampler - Toast, Turkey Sausage, Veggie Sausage, Egg and Hash Brown	Same	Vegetarian Breakfast Sandwich – Veggie Sausage, Egg & Cheese with Creamy Cheddar Grits and Fresh Fruit Salad	Breakfast Bowl – Egg, Cheddar, Peppers, Onions, Potatoes, Veggie Sausage and a Fruit Cup	Same
Lunch							
REGULAR	Baked Ziti with Ground Beef & Salad	Assorted Wraps with Herb Potato Salad, Chickpea, Tomato & Cucumber Salad in a Light Vinaigrette	Chicken Breast with Tarragon Cream Sauce, Roasted Potatoes & Salad	Assorted Sandwiches & Greek Penne Pasta	BBQ Chicken Pieces w/ Mac-n-Cheese & Tomato-Cucumber-Avocado Salad	Stuffed Ravioli With Pesto	Chicken Quesadillas, Cilantro Rice and Sauteed Onions-Peppers
VEGETARIAN	Baked Ziti with Tomato Sauce & Salad	Same	Grilled Veggie Burger, Roasted Potatoes & Salad	Same	BBQ Jack Fruit w/ Mac-n-Cheese & Tomato-Cucumber-Avocado Salad	Same	Veggie Quesadillas, Cilantro Rice and Sauteed Onions-Peppers
Dinner							
REGULAR	Jambalaya with Seasoned Rice	Chicken Parmesan with House Salad	Beef Kabob, Polenta Cake & Roasted Veggies	Herb Roasted Turkey Breast, Wild Rice Pilaf & Vegetables	Swedish Meatballs with Egg Noodles and Caesar Salad	Stuffed Chicken Breast with Arugula & Provolone in Sun Dried Tomato Sauce with Rice Cake and Salad	Beef Tips, Mashed Potatoes and Steamed Vegetables
VEGETARIAN	Veggie Jambalaya with Seasoned Rice	Eggplant Parmesan with House Salad	Veggie Kabob, Polenta Cake & Roasted Veggies	Black Bean Burger, Wild Rice Pilaf & Vegetable	Veggie Meatballs with Mushroom Gravy, Egg Noodles and Caesar Salad	Eggplant Parmesan with Arugula & Provolone in Sun Dried Tomato Sauce with Rice Cake and Salad	Veggie Meatballs, Mashed Potatoes and Steamed Vegetables



WEEK 7 11/11 - 11/17		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast								
REGULAR	Egg White Omelet with Spinach and Mushrooms, Whole Wheat Toast	Turkey Sausage and Egg Breakfast Burritos, Fruit Cup	Greek Yogurt with Granola and Fresh Berries	Blueberry Pancakes, Turkey Bacon, Fruit Salad	Scrambled Eggs, Turkey Sausage, Hash Browns	French Toast, Turkey Bacon, Fresh Fruit	Breakfast Burritos with Eggs, Cheese, and Turkey Sausage, Fruit Cup	
VEGETARIAN	Same	Veggie Sausage and Egg Breakfast Burritos, Fruit Cup	Same	Blueberry Pancakes, Veggie Sausage, Fruit Salad	Scrambled Eggs, Veggie Sausage, Hash Browns	French Toast, Veggie Sausage, Fresh Fruit	Breakfast Burritos with Eggs, Cheese, and Veggie Sausage, Fruit Cup	
Lunch								
REGULAR	Grilled Chicken Caesar Salad	BBQ Pulled Pork Sandwiches, Cole Slaw, Baked Beans	Chicken Alfredo Pasta, Garlic Bread	Assorted Wraps with Lentil Salad	Grilled Cheese Sandwiches, Tomato Basil Soup	Chicken Quesadillas, Mexican Rice, Black Beans	Baked Ziti with Meat Sauce, Caesar Salad	
VEGETARIAN	Grilled Tofu Caesar Salad	BBQ Jackfruit Sandwiches, Cole Slaw, Baked Beans	Broccoli Alfredo Pasta, Garlic Bread	Same	Same	Veggie Quesadillas, Mexican Rice, Black Beans	Baked Ziti with Marinara Sauce, Caesar Salad	
Dinner								
REGULAR	Beef Stroganoff with Egg Noodles, Steamed Broccoli	Baked Salmon with Dill Sauce, Rice Pilaf, Roasted Vegetables	Stuffed Peppers with Ground Beef, Rice, and Cheese, Mixed Green Salad	Chicken Marsala, Mashed Potatoes, Green Beans	Beef and Broccoli Stir-Fry, Brown Rice	Pork Tenderloin with Apple Chutney, Sweet Potato Mash, Brussels Sprouts	Lemon Herb Chicken, Quinoa, Steamed Asparagus	
VEGETARIAN	Mushroom Stroganoff with Egg Noodles, Steamed Broccoli	Baked Tofu with Dill Sauce, Rice Pilaf, Roasted Vegetables	Stuffed Peppers with Quinoa, Rice, and Cheese, Mixed Green Salad	Portobello Mushroom Marsala, Mashed Potatoes, Green Beans	Tofu and Broccoli Stir-Fry, Brown Rice	Lentil Loaf with Apple Chutney, Sweet Potato Mash, Brussels Sprouts	Lemon Herb Tofu, Quinoa, Steamed Asparagus	
WEEK 8 11/18 - 11/24		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast								
REGULAR	Veggie Frittata, Whole Wheat Toast	Smoothie Bowl with Granola and Fresh Fruit	Bagels with Cream Cheese, Turkey Bacon, Fruit Salad	Scrambled Eggs with Cheese, Turkey Sausage, Hash Browns	Waffles with Fresh Berries, Turkey Bacon	Omelet with Turkey Bacon, Whole Wheat Toast	Breakfast Burritos with Eggs, Cheese, and Turkey Sausage, Fruit Cup	
VEGETARIAN	Same	Same	Bagels with Cream Cheese, Veggie Sausage, Fruit Salad	Scrambled Eggs with Cheese, Veggie Sausage, Hash Browns	Waffles with Fresh Berries, Veggie Sausage	Omelet with Veggie Sausage, Whole Wheat Toast	Breakfast Burritos with Eggs, Cheese, and Veggie Sausage, Fruit Cup	
Lunch								
REGULAR	Turkey and Swiss Sandwiches, Mixed Green Salad	Teriyaki Chicken Bowls, Brown Rice, Stir-Fried Vegetables	Chicken and Vegetable Stir-Fry, Jasmine Rice	Assorted Sandwiches with Potato Salad	Beef Tacos, Spanish Rice, Refried Beans	BBQ Chicken Sandwiches, Cole Slaw, Baked Beans	Grilled Chicken Salad, Mixed Greens, Balsamic Vinaigrette	
VEGETARIAN	Hummus and Veggie Sandwiches, Mixed Green Salad	Teriyaki Tofu Bowls, Brown Rice, Stir-Fried Vegetables	Vegetable Stir-Fry, Jasmine Rice	Same	Black Bean Tacos, Spanish Rice, Refried Beans	BBQ Jackfruit Sandwiches, Cole Slaw, Baked Beans	Grilled Tofu Salad, Mixed Greens, Balsamic Vinaigrette	
Dinner								
REGULAR	Meatloaf with Mashed Potatoes, Steamed Green Beans	Spaghetti Carbonara, Caesar Salad	Grilled Shrimp Tacos, Black Beans, Corn Salad	Chicken Cacciatore, Polenta, Steamed Broccoli	Baked Cod with Lemon Butter, Quinoa, Mixed Vegetables	Beef Stroganoff, Egg Noodles, Steamed Broccoli	Pork Chops with Apple Sauce, Mashed Potatoes, Green Beans	
VEGETARIAN	Lentil Loaf with Mashed Potatoes, Steamed Green Beans	Spaghetti with Marinara, Caesar Salad	Grilled Veggie Tacos, Black Beans, Corn Salad	Eggplant Cacciatore, Polenta, Steamed Broccoli	Baked Tofu with Lemon Butter, Quinoa, Mixed Vegetables	Mushroom Stroganoff, Egg Noodles, Steamed Broccoli	Stuffed Portobello Mushrooms with Mashed Potatoes, Green Beans	



WEEK 9 11/25 - 11/30	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast						
REGULAR	Yogurt Parfait with Granola and Fresh Fruit	Scrambled Eggs, Turkey Bacon, Hash Browns	Bagels with Cream Cheese, Turkey Bacon, Fruit Salad	Egg Casserole with Bacon, Potatoes, Bell Peppers, Onions & Cheddar	Smoothie Bowl with Granola and Fresh Fruit	Waffles with Fresh Berries, Turkey Bacon	
VEGETARIAN	Same	Scrambled Eggs, Veggie Sausage, Hash Browns	Bagels with Cream Cheese, Veggie Sausage, Fruit Salad	Egg Casserole with Potatoes, Bell Peppers, Onions & Cheddar	Same	Waffles with Fresh Berries, Veggie Sausage	
	Lunch						
REGULAR	Chicken Caesar Wraps, Mixed Green Salad	Pulled Pork Sandwiches, Cole Slaw, Baked Beans	Chicken and Vegetable Stir-Fry, Jasmine Rice	Assorted Sandwiches with Corn-Black Bean-Tomato Salad and Cookie	Assorted Wraps with Lentil Salad	Beef Tacos, Spanish Rice, Refried Beans	
VEGETARIAN	Hummus and Veggie Wraps, Mixed Green Salad	Pulled Jackfruit Sandwiches, Cole Slaw, Baked Beans	Vegetable Stir-Fry, Jasmine Rice	Same	Same	Black Bean Tacos, Spanish Rice, Refried Beans	
	Dinner						
REGULAR	Beef Stir-Fry with Peppers and Onions, Brown Rice	Baked Ziti with Meat Sauce, Caesar Salad	Shrimp Scampi, Linguine, Steamed Broccoli	Linguine with Meat Sauce & Caesar Salad	Chicken Marsala, Mashed Potatoes, Green Beans	Baked Cod with Lemon Butter, Quinoa, Mixed Vegetables	
VEGETARIAN	Tofu Stir-Fry with Peppers and Onions, Brown Rice	Baked Ziti with Marinara Sauce, Caesar Salad	Tofu Scampi, Linguine, Steamed Broccoli	Linguine with Marinara Sauce & Caesar Salad	Portobello Mushroom Marsala, Mashed Potatoes, Green Beans	Baked Tofu with Lemon Butter, Quinoa, Mixed Vegetables	

Lunch and Dinner includes bread & dessert, such as: Brownie, Bread Pudding, Cookie, Berries with Cream, Apple Pie, Lemon Bar, Chocolate Mousse Cup, Banana Bread, Assorted Cookies, Carrot Cake, Pound Cake, Cheese Cake

Assorted Sandwiches to include: Chicken Caprese - Turkey & Swiss - Roast Beef & Provolone - Chicken Salad - Tuna Salad - Hummus & Veggie (v)

Assorted Wraps to include: Chicken Hummus - Smoked Turkey - Roast Beef & Brie - Chicken Salad - Hummus Veggie Wrap (v)

Assorted Entree Salads to include: Cobb Salad with Grilled Chicken - Caesar Salad with Grilled Shrimp - House Salad with Grilled Steak - Power Hour Salad with Quinoa, Carrots, Chickpeas, Cucumbers, Cranberries, Baby Spinach and Sesame Dressing (v)