



weekly menu

Week 1

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|------------------|--|---|---|---|---|--|--|
| Breakfast | Oatmeal Cheesy Scrambled Eggs Bacon Strips Or French Toast Bacon Strips | Oatmeal Egg & Pico De Gallo Burrito Sweet Potato Hash Or Poached Egg Wheat Toast | Oatmeal Pumpkin Pancake Hard-Boiled Egg Blueberry Muffin Turkey Sausage Patty | Oatmeal Banana Bread Cheesy Scrambled Eggs Or Belgian Waffle Sausage Links | Oatmeal Vanilla Texas French Toast Breakfast Ham Or Fried Egg Muffin | Oatmeal Shirred Egg in Wheat Bread Sweet Potato Home Fries Kielbasa Sausage | Ham & Cheese Omelet American Fried Potatoes Or Fruit & Cottage Cheese Plate |
| LUNCH | | | | | | | |
| Starters | Tomato Basil Soup | Tomato Basil Soup | Tomato Basil Soup | Cream of Mushroom | Cream of Mushroom | Roasted Carrot & Pumpkin Soup | Roasted Carrot & Pumpkin Soup |
| Entrées | Braised Beef Brisket Herbed Orzo Pasta Fresh Steamed Broccoli | Eggplant Parmesan Angel Hair Pasta | Cod Cakes Herbed Couscous Roasted Root Vegetables | Roasted Potato & Vegetable Frittata Orange Muffin | Tilapia Vera Cruz Brown Rice Oven Roasted Brussel Sprouts | Turkey Fricasse Roasted Redskin Potatoes Fresh Garden Blend Vegetables | Chicken Cacciatore Sautéed Greens |
| Dessert | Chilled Pears | Cherry Cake | Orange Sour Cream Cake | Coconut Brownie | Chocolate Chip Cookies | Frosted White Cake | Applesauce Cake |
| DINNER | | | | | | | |
| Starters | Tossed Salad | Tossed Salad | Tossed Salad | Tossed Salad | Tossed Salad | Tossed Salad | Tossed Salad |
| Entrées | Chicken Cordon Bleu Roasted Potatoes Dilled Baby Carrots | Beef Stir Fry Brown Rice Vegetable Stir Fry | Beef Taco Salad Wheat Roll | Rosemary Lemon Chicken Thighs Roasted Sweet Potatoes Sautéed Zucchini | Pork Schnitzel Warm German Potato Salad Steamed Sauerkraut | Mushroom Herb Strata Southern Succotash | Cheese Tortellini A La Vodka Fresh Steamed Broccoli |
| Dessert | Strawberry Shortcake | Fresh Pineapple | Cinnamon Bananas | Spiced Peaches | Fresh Fruit | Mandarin Oranges | Sugar Cookies |

Breakfast 8:30 am – 9:30 am Lunch 12:30 pm - 1:30 pm Dinner 4:30 pm - 5:30 pm

Menu subject to change based on product availability