



# 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
<b>Sandwich Bar</b>	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
	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
<b>Soups</b>	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
	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



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	
Chicken Sausage	Beef Breakfast Sausage	Turkey Sausage Rounds	Beef Breakfast Sausage	Turkey Breakfast Sausage	Beef Breakfast Sausage	Chicken 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