

### Standard Menu-Week One

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Sc. Eggs-66 Oatmeal -72 (A) Boiled egg-70 ½ Bagel -55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	French Toast 74(A) Sc.Eggs-66 Oatmeal-72(A) Boiled Egg-70 Chicken Bacon-50 ½ Bagel -55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Ham & Cheese Frittata-105(E) Sc-eggs-66 Oatmeal-72(A) Boiled egg-70 ½ Eng. Muffin 40 ½ Bagel -55 Cereal-50-200 Toast-35 Fruit bar-100	Cran-Orange Waffle-98(D) Sc-eggs-66 Boiled egg-70 Oatmeal-72(A) Chicken Bacon- 50 ½ Bagel -55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Southwestern Breakfast Taco 166(H) Sc-eggs-66 Oatmeal-72(A) Boiled egg-70 ½ Bagel -55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Blueberry Pancake-74(A) Sc-eggs-66 Oatmeal-72(A) Boiled egg-70 Chicken Bacon- 50 ½ Bagel -55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Spinach Omelet-106 ( C ) Sc-eggs-66 Oatmeal 72(A) Boiled egg-70 ½ Bagel -55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup & Salad 250(B)  Turkey Sandwich-100	Pita Pizza 300(A)  Fruit Short Cakes w/carob Sauce-115 (D)	Citrus Chicken Fajita-330(D)  Apple Crepes A la mode-129 (J)	Asian Style Pork Medallions 182(D)  Hot Skillet Bean Salad-116 (J)  Blueberry Crumble 102(H)	Chili w/ Grilled Cheese Sandwich or Crackers 306(A)  Pineapple Delight- 125 (J)	Spicy Shrimp & Italian Pasta Salad-305(G)  Mini Carob Bundt Cake w/glaze-104(D)	Honey, Ginger Glazed Chicken 180(D)  Broccoli Slaw 92(G)  Frozen Bananas 125(A)
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Chicken Parmesan 192(A)  Glazed Green Beans & Carrots-85(G)  Orange Lovers Delight -96(B)	Creole Pork Chop-221(H)  Southwestern Corn Bake 98(D)  Cheesecake Tartlet w/Strawberry Glaze-105(D)	Toasted Almond & Tomato Crusted Tilapia-205(F)  Lemon-Pepper Summer Squash w/ Sugar Snaps 70(D)  Lemon Berry Yogurt Cup 80(E)	Mini Meatloaf w/gravy-210(D)  Brule-d Sweet Potatoes-103(A)  Pumpkin Cheesecake 106(D)	Maple B-B-Q Chicken 250(H)  Sesame Ginger Glazed Asparagus 43(G)  Spinach Topped Tomatoes 66(B)  Chocolate, Raspberry Trifle- 130 (J)	Stuffed Pork- Chop-209(B)  Creamed Cauliflower 27(B)  Mixed Beans 35  Peanut Butter Cookies-122(A)	Spaghetti 350(A)  Salad Bar  Peaches' n' Cream Cup- 116(E)

*The salad bar is available during lunch and dinner meals. Also on Tuesday and Thursday you will have a choice of either; Veggie Soup and/or Salad bar. You average daily calorie regiment of 1200-1400 calories, traditionally does not include the salad bar or soup bar. However, it does leave room for an occasional trip or maybe a light snack or two. We recommend you be cautious when supplementing.*

*(A)Our Favorites,(B) New Favorites,( C ) 07-08 sup.,(D) 2009 sup.,(E) 2010 sup.,(F) 2011 sup. (G) 2012 sup. (H) 2013 sup (I) Vegan sup. (J) 2014*

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### *Vegetarian Menu--Week One*

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Breakfast; choose from standard menu</i>	<i>Breakfast; choose from standard menu</i>	<i>Breakfast; choose from standard menu</i>	<i>Breakfast; choose from standard menu</i>	<i>Breakfast; choose from standard menu</i>	<i>Breakfast; choose from standard menu</i>	<i>Breakfast; choose from standard menu</i>
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
<i>Soup &amp; Salad 250(B)  Veggie Burger 240</i>	<i>Veggie Pizza 290(A)  Fruit Short Cakes w/carob Sauce 115 (D)</i>	<i>Spicy Veggie Fajitas-192(I)  Apple Crepes A la mode 129 (J)</i>	<i>Grilled Asian Tofu-160 (J)  Hot Skillet Bean Salad 116 (J)  Blueberry Crumble 102(H)</i>	<i>Vegan Chili w/ Grilled Cheese Sandwich or Crackers 246(A)  Pineapple Delight-125 (J)</i>	<i>Spicy Shrimp (or) Spiced Tempeh &amp; Italian Pasta Salad 305(G)  Mini Carob Bundt Cake w/glaze 104(D)</i>	<i>Chickpea Patty w/Spicy Yogurt Sauce-239(D)  Broccoli Slaw 92(G)  Frozen Bananas-125(A)</i>
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
<i>Eggplant Parmesan 150(A)  Glazed Green Beans &amp; Carrots-85(G)  Orange Lovers Delight-96(B)</i>	<i>Spinach Garbanzo Skillet-193( C )  Cheesecake Tartlet w/Strawberry Glaze-105(D)</i>	<i>Tilapia- 205(F) &amp; Lemon Pepper Summer Squash w/Sugar Snaps-70(D) (or) Orzo Primavera W/ Creamy Parmesan Sauce-273(F)  Lemon Berry Yogurt Cup 80(E)</i>	<i>Mini Vegan Loaf w/ gravy 250(I)  Brule-d Sweet Potatoes 103(A)  Pumpkin Cheesecake 106(D)</i>	<i>Tofu &amp; Veggies in Maple B-B-Q Sauce-332(H)  Spinach Topped Tomatoes 66(G)  Chocolate, Raspberry Trifle-130 (J)</i>	<i>Italian Stuffed Portobello 220(G)  Creamed Cauliflower 27(B)  Mixed Beans 35  Peanut Butter Cookies- 122(A)</i>	<i>Meatless Spaghetti-280(I)  Salad Bar  Peaches' n' Cream Cup 116(E)</i>

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### *Standard Menu-Week Two*

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Sc. Eggs-66 Oatmeal-72(A) ½ Bagel-55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Breakfast Burrito-174(A) Sc-eggs-66 Oatmeal-72(A) ½ Bagel-55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Sunrise-French Toast-158(H) Sc-eggs-66 Chicken Bacon(50) Oatmeal-72(A) ½ Bagel-55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Ham &Veggie Omelet 126(E) Sc-eggs-66 Oatmeal 72(A) ½ Bagel-55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Ultimate Breakfast Sandwich 200(H) Sc-eggs-66 Oatmeal-72(A) ½ Bagel-55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Spinach Frittata-144 ( C ) Sc-eggs-66 Oatmeal-72(A) ½ Bagel-55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Apple-Butter Pancake-54(A) Sc-eggs-66 Chicken Bacon(50) Oatmeal-72(A) ½ Bagel-55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup &Salad 250 (B)  Turkey Sandwich-100	Caribbean Chicken & Pineapple Salsa- 300(H)  Sesame Snap Peas W/Carrots & Peppers-104 (J)  Mini Orange Bundt Cake w/Fruit Topping-124 (J)	Pork Chops w/Creamy Marsala Sauce 280(H)  Sweet & Sour Cabbage-60(H)  Cran-Apple Square-51( C )	Turkey Enchiladas 254(D)  Carob Ribbon Cake-115(B)	Grilled Chicken Salad (D) w/Herb Toasted Pita Chips 242(G)  Peach Crepe 108( C )	Slaw Topped Fish Sandwich 220 (H)  Spiced Caked Brownie w/ Caramelized Topping-115 (B)	Texas, Taco Salad-303(H)  Carob Fluff 80(A)
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Broiled Pork Tenderloin w/ Blackberry Glaze-206 (B)  Home-Style Veggie Medley-72 (J)  Raspberry Brownie Delight-136(J)	Cheesy Turkey Zucchini Manicotti 200(D)  Herbed Green Beans-52(B)  Strawberry, Lemon Parfaits-109 (J)	Red Pepper Parmesan Tilapia-266(D)  Zesty Asparagus 58(G)  Mustard Glazed Tomatoes-34(B)  Lemon/lime Cheesecake 105(D)	Italian Chicken 270(G)  Summer Squash Medley-50(C )  Frozen Bananas 125(A)	Chipotle Cutlets w/Charred Corn Salsa-290(H)  Herbed Brussels Sprouts-70( C )  Blueberry Cheesecake Bite-55(A)	Cheesy Mushroom Garlic Chicken 275(H)  Creamed Peas & Carrots 80(D)  Peanut Butter Cookies-122(A)	Oven Baked Pork Chop 158(E)  Southern Creamed Sweet Potatoes 101(D)  Baked apple Crisp-76(B)

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### **Vegetarian Menu--Week Two**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<i>Breakfast; choose from standard menu</i>	<i>Breakfast; choose from standard menu</i>	<i>Breakfast; choose from standard menu</i>	<i>Breakfast; choose from standard menu</i>	<i>Breakfast; choose from standard menu</i>	<i>Breakfast; choose from standard menu</i>	<i>Breakfast; choose from standard menu</i>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>lunch</b>
<i>Soup &amp; Salad 250(B)</i>  <i>Veggie Burger 240</i>	<i>Vegetable Primavera Crepes-234 (J)</i>  <i>Sesame Snap Peas w/Carrots &amp;Peppers-104 (J)</i>  <i>Mini Orange Bundt Cake w/Fruit Topping-124 (J)</i>	<i>Tofu w/Marsala Sauce-234 (J)</i>  <i>Sweet &amp; Sour Cabbage-60 (H)</i>  <i>Cran-Apple Square-51( C )</i>	<i>Black Bean Enchiladas 200(D)</i>  <i>Carob Ribbon Cake-115(B)</i>	<i>Mock Chickn' Salad w/Herb Toasted Pita Chips-202(I)</i>  <i>Peach Crepe 108( C )</i>	<i>Fish Sandwich-220 (H) or Garden Veggie Burger (240)</i>  <i>Spice Cake Brownie w/ Caramelized Topping- 115 (B)</i>	<i>Vegetarian Texas Taco 283(H)</i>  <i>Carob Fluff 80(A)</i>
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
<i>Home Style Tempeh Stir-fry w/ Peanut Yogurt Sauce 320 (J)</i>  <i>Raspberry Brownie Delight-136 (J)</i>	<i>Tofu Manicotti 160( C )</i>  <i>Herbed Green Beans-52(B)</i>  <i>Strawberry, Lemon Parfait 109 (J)</i>	<i>Tilapia-266(D) (or) Quinoa Stuffed Zucchini Boats 296 (J)</i> <i>Zesty Asparagus 58(G)</i>  <i>Mustard Glazed Tomatoes 34(B)</i>  <i>Lemon/ Lime Cheesecake 105(D)</i>	<i>Mock Italian Chicken 230(H)</i>  <i>Summer Squash Medley-50( C )</i>  <i>Frozen Bananas 125(A)</i>	<i>Vegetarian Stuffed Eggplant 186(G)</i>  <i>Herbed Brussels Sprouts-70( C )</i>  <i>Blueberry Cheesecake Bite-55(A)</i>	<i>Portobello Parmesano 130(G)</i>  <i>Creamed Peas &amp; Carrots 80(D)</i>  <i>Peanut Butter Cookies 122(A)</i>	<i>Veggie Stuffed Pepper-144(G)</i>  <i>Southern Creamed Sweet Potatoes-101(D)</i>  <i>Baked Apple Crisp-76(B)</i>

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### **Standard Menu-Week Three**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Sc. Eggs-66 Oatmeal-72(A) ½ Bagel-55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Whole Wheat Cinnamon Waffle-98(G) Sc-eggs-66 Chicken Bacon-50 Oatmeal-72(A) ½ Bagel-55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Summer Garden Omelet-98(E) Sc-eggs-66 Oatmeal-72(A) ½ Bagel-55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	French Toast 74(A) Sc-eggs-66 Chicken Bacon-50 Oatmeal-72(A) ½ Bagel-55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Mexican Frittata 129(G) Sc-eggs-66 Oatmeal-72(A) ½ Bagel-55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Peach-Cream Pancake-88(D) Sc-eggs-66 Chicken Bacon 50 Oatmeal-72(A) ½ Bagel-55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100	Breakfast Burrito-174(A) Sc-eggs-66 Oatmeal-72(A) ½ Bagel-55 ½ Eng. Muffin 40 Cereal-50-200 Toast-35 Fruit bar-100
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup & Salad 250(B)  Turkey Sandwich-100	Stuffed Chicken-Breast w/ Honey Mustard Sauce 204(A)  Italian Broccoli w/Peppers 75(F)  Keeping it lite Banana Pudding 140(H)	Spinach-Turkey Wraps-220(D)  Blueberry Upside/Down Cake-125 (J)	Spicy Mustard Pork w/ Pineapple/ Melon Chutney 243(G)  Wilted Kale & Chickpea Salad -120 (J)  Toasted Almond Carob Crepe-130(H)	Chicken Scaloppini- w/ Fettuccini 250(A)  Citrus Snow Peas-46( C )  Angel Ribbon w/Pineapple 100(E)	Oven Fried Catfish-160(H)  Honey Mustard Slaw-58(D)  Sweet Potato Fries-78(D)  Frozen Mandarin Delight-90(F)	Southwestern Turkey Bake w/Toasted Pita Chips-344(H)  Chewy Chocolate Brownie-76(B)
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Turkey Lasagna 270(A)  Asparagus w/Balsamic Tomatoes 69(G)  Strawberry Cream Cake 130 (J)	Spicy Orange Chops-240 (J)  Honey Lemon Brussels Sprouts & Carrots-80 (J)  Raspberry Cream Parfait 113 (J)	Southwestern Fish Roulade w/ Fresh Salsa 252 (J)  Colorful Rice Medley-117(D)  Citrus Cheesecake 120(A)	Dijon Chicken Smothered in Mushrooms 210(H)  Spanish Squash Medley 66 (B)  Summer Sammich 86(B)	Turkey Pot Roast w/Gravy 250(B)  Roasted Root Veggies-76(D)  Peach Cobbler 110(A)	Zesty, Goey Chicken Breast 222(H)  Corn & Green Bean Sauté 130(G)  Peanut Butter Cookies-122(A)	Lemon Pepper Honey Dijon Pork Chop 277(D)  Sweet Pea & Mushroom Medley-120(G)  Fruit & Cream Cup -124(F)

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<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
<i>Soup &amp; Salad 250(B)</i>  <i>Veggie Burger-240</i>	<i>Stuffed Tomatoes 156(D)</i>  <i>Italian Broccoli w/Peppers-75(F)</i>  <i>Keeping it Lite Banana Pudding-140(H)</i>	<i>Vegetarian Spinach Wrap 226 (J)</i>  <i>Blueberry Upside/Down Cake-125 (J)</i>	<i>Spicy Mustard Tofu w/ Pineapple Melon Chutney 263(G)</i>  <i>Wilted Kale &amp; Chickpea Salad-120 (J)</i>  <i>Toasted Almond Carob Crepe-130(H)</i>	<i>Vegan Chickn' &amp; Veggies w/Fettuccini 350(E)</i>  <i>Angel Ribbon w/Pineapple 100(E)</i>	<i>Catfish -160 (or) Veggie Sloppy Joe 183(D)</i>  <i>Honey Mustard Slaw-58(D)</i>  <i>Sweet Potato Fries-78(D)</i>  <i>Frozen Mandarin Delight-90(F)</i>	<i>Southwestern Vegetarian Bake w/ Toasted Pita Chips-294(H)</i>  <i>Chewy Chocolate Brownie-76(B)</i>
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
<i>Vegetarian Lasagna 190(H)</i>  <i>Asparagus w/Balsamic Tomatoes 69(G)</i>  <i>Strawberry Cream Cake 130 (J)</i>	<i>Orange Sesame Tofu -260 (J)</i>  <i>Honey, Lemon Brussels Sprouts &amp; Carrots- 80 (J)</i>  <i>Raspberry Cream Parfait 113 (J)</i>	<i>Southwestern Fish Roulade- 252 (J) (or) Eggplant Steak 248(D)</i>  <i>Colorful Rice Medley-117(D)</i>  <i>Citrus Cheesecake 120(A)</i>	<i>Zucchini, Tomato Bake 213(E)</i>  <i>Summer Sammich 86(B)</i>	<i>White Bean, Sweet Potato &amp; Peppers 286(E)</i>  <i>Peach Cobbler 110(A)</i>	<i>Spicy Southwestern Veggie Sauté w/Rice-306(D)</i>  <i>Peanut Butter Cookies-122(A)</i>	<i>Stuffed Portobello Mushroom 183(A)</i>  <i>Sweet Pea &amp; Mushroom Medley-120(G)</i>  <i>Fruit &amp; Cream Cup-124(F)</i>

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