

Week One Standard Menu (2018)

Monday:

*Breakfast-Cinnamon Vanilla French Toast**

*Lunch-Spaghetti & Meatballs, Chocolate Peanut butter squares**

Dinner- Oven B-B-Q Pork Chop-318, Garlic Mashed Cauliflower 81 ,Spinach Topped Tomatoes 66

Tuesday:

Breakfast-Vegetable, Ham & Cheese Frittata 200

Lunch-Fiesta Chicken & Black Bean Enchiladas, Blueberry Cheesecake

Dinner-Pan Seared Salmon W/Honey, Lemon Butter Sauce 336, Sesame Ginger Glazed Asparagus 86

Wednesday:

Breakfast-Lemon Blueberry Pancakes 2-174

*Lunch-Garlic Butter Brazilian Steak 305, Kale, Roasted Sweet Potato & Caramelized Onions- 205,
Strawberries & Cream Roll Cake*

Dinner-Cheesy Spinach & Bacon Lasagna-380 ,Lemon-Pepper, Summer Squash w/Sugar Snaps 85

Thursday:

Breakfast-Southwestern Breakfast Tostada

*Lunch-Tex Mex Chili W/Vegetable Grilled Cheese Sandwich, Frozen Mandarin Delight or
Mediterranean Pita Pizza-415*

*Dinner-Chicken Braciolo With Parmesan & Ham-320, Creamy Garlic Spaghetti Squash-80,
Mediterranean, Roasted Broccoli & Tomatoes-79*

Friday:

Breakfast-Cran-Orange Waffle

Lunch-Oven Fried Catfish W/Black Eyed Pea Salsa, Spicy Mustard Slaw, Peanut Butter Cookies

*Dinner-Asian Glazed Pork Medallions-265, Balsamic Glazed Brussels Sprouts 110,
Garlic & Herb Sautéed Peppers-56*

Saturday:

Breakfast-Omelet De Provence

*Lunch- Honey, Ginger Glazed Chicken W/Pineapple, Mango Chutney, Baked Sweet Potato Fries, Frozen
Bananas*

Dinner- Turkey Steak w/Mushroom & Onion Gravy 326, Charred Summer Vegetable Me Lange ,102

Sunday:

Breakfast: Western Scramble

Lunch-Vegetable and Meat Stew, Hot Ham & Cheese Sandwich

Dinner-Cheesy Mushroom Garlic Chicken, Glazed Green Beans & Carrots

**In addition to the special each day breakfast also offers a choice of Whole Sc. Eggs, Sc. Egg Whites, Oatmeal,
Hard Boiled Eggs, Toast, English Muffins, Cereal as well as on occasion Chicken Bacon. And we can't forget
our lovely fruit bar.*

**To accompany you lunch and dinner meals our fresh salad bar is offered daily. On Tuesdays and Fridays
Old Fashioned Vegetable Soup is offered in addition to the salad bar.(We do recommend a choice of either or)
These calories are in addition to your meal plan.*

Week One Vegetarian Menu (2018)

Monday:

*Breakfast-Cinnamon Vanilla French Toast**

*Lunch-Meatless Spaghetti, Chocolate Peanut Butter Squares**

*Dinner-Veggie Stuffed Portabella Mushroom 320, Garlic Mashed Cauliflower 81,
Spinach Topped Tomatoes 66*

Tuesday:

Breakfast-Veggie & Cheese Frittata

Lunch-Vegetarian Fiesta Enchilada, Blueberry Cheesecake

*Dinner-Salmon-336 & Sesame Ginger Glazed Asparagus 43(or) Orzo & Vegetable Primavera W/ Creamy
Parmesan Sauce 398*

Wednesday:

Breakfast-Lemon Blueberry Pancakes

*Lunch-Meatless Brazilian Steak 315, Kale, Roasted Sweet Potato & Caramelized Onions-205
Strawberries & Cream Roll-102*

Dinner-Vegetarian Lasagna 340, Lemon Pepper Summer Squash w/Sugar Snaps-85

Thursday:

Breakfast-Southwestern Breakfast Tostada

*Lunch-Vegan Tex-Mex Chili W/Vegetable Grilled Cheese Sandwich, Frozen Mandarin Delight or Meatless
Mediterranean Pita Pizza*

*Dinner- Spicy Italian Stuffed Zucchini Boats 302, Creamy Garlic Spaghetti Squash-80, Mediterranean
Roasted Broccoli & Tomatoes 79*

Friday:

Breakfast- Cran-Orange Waffle

*Lunch- Catfish W/Black Eyed Pea Salsa or Veggie Sloppy Joe, Spicy Mustard Slaw,
Peanut Butter Cookies*

*Dinner-Stuffed Eggplant Crepes 320, Balsamic Glazed Brussels Sprouts 110 , Garlic & Herb Sautéed Peppers-
56*

Saturday:

Breakfast-Omelet De Provence

Lunch-Honey Ginger Sesame Tofu Steaks With Shitakes and Veggies 392, Frozen Bananas-125

Dinner- Grilled Veggie Steak w/ Mushroom & Onion Gravy 360, Charred Summer Vegetable Me Lange 102

Sunday:

Breakfast-Western Scramble

Lunch-Vegetable Soup, Grilled Cheese

Dinner-Vegetable Tempeh Lo Mein, Glazed Green Beans & Carrots,

**In addition to the special each day breakfast also offers a choice of Whole Sc. Eggs, Sc. Egg Whites, Oatmeal,
Hard Boiled Eggs, Toast, English Muffins, Cereal as well as on occasion Chicken Bacon. And we can't forget
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