

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|--|--|--|
| B R E A K F A S T | Egg - Scrambled Hashbrown Turkey Sausage French Toast Low Fat Yogurt Whole Fruit Fruit Salad Assortment of Baked Goods | Poached Eggs Sweet Potato Tots Bacon Pancakes Low Fat Yogurt Whole Fruit Fruit Salad Assortment of Baked Goods | Egg - Scrambled Poms Poms Breakfast Sausage Waffles Low Fat Yogurt Whole Fruit Fruit Salad Assortment of Baked Goods | Cheese Frittata Seasoned Wedge Potatoes Turkey Bacon French Toast Low Fat Yogurt Whole Fruit Fruit Salad Assortment of Baked Goods | Egg - Scrambled Potato Patty Peameal Bacon Pancakes Low Fat Yogurt Whole Fruit Fruit Salad Assortment of Baked Goods | Hard Boiled Eggs Hashbrown Breakfast Sausage patty Waffles Low Fat Yogurt Whole Fruit Fruit Salad Assortment of Baked Goods | Egg - Scrambled Triangle Potato Patty Seared Ham French Toast Low Fat Yogurt Whole Fruit Fruit Salad Assortment of Baked Goods |
| A S T | Toast - WW, MG, Bagels with preserves Assorted Cereals Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Toast - WW, MG, Bagels with preserves Assorted Cereals Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Toast - WW, MG, Bagels with preserves Assorted Cereals Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Toast - WW, MG, Bagels with preserves Assorted Cereals Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Toast - WW, MG, Bagels with preserves Assorted Cereals Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Toast - WW, MG, Bagels with preserves Assorted Cereals Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Toast - WW, MG, Bagels with preserves Assorted Cereals Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea |
| L U N C H | Butter Chicken, Rice with Naan <i>Butter Chick Peas, Rice with Naan</i> Roasted Cauliflowe curry Pizza Station - 2 choice Chef choice of Pasta one option Grill Station - Scratch Made Burgers and Fries - cook to order Salad Bar - 2 leafy Greens Cucumber Salad, with Dill Sour Cream Oil & Vinegar & Low Cal Dressing Vegetable and Dip Assortment of Cookies / Dessert Squares Fountain Pop Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Beef Steak, Salisbury & Gravy <i>Plant Based Swedish Meatballs</i> Garlic Mashed Potatoes Vegetable Mix - PEI Blend Pizza Station - 2 choice Chef choice of Pasta one option Grill Station - Scratch Made Burgers and Fries - cook to order Salad Bar - 2 leafy Greens Thai Riced Cauliflower Salad Oil & Vinegar & Low Cal Dressing Vegetable and Dip Assortment of Cookies / Dessert Squares Fountain Pop Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Pineapple Curry Basa <i>Cauliflower Bulgur Curry</i> Tomato Rice Pilaf Sauteed Baby Bok Choy Pizza Station - 2 choice Chef choice of Pasta one option Grill Station - Scratch Made Burgers and Fries - cook to order Salad Bar - 2 leafy Greens Pasta Salad Oil & Vinegar & Low Cal Dressing Vegetable and Dip Assortment of Cookies / Dessert Squares Fountain Pop Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Baked Herb Chicken <i>Vegetable Chow mein</i> Sweet Potatoes and Carrots Pizza Station - 2 choice Chef choice of Pasta one option Grill Station - Scratch Made Burgers and Fries - cook to order Salad Bar - 2 leafy Greens Cucumber Salad, with Dill Sour Cream Mediterranean Chickpea Salad Vegetable and Dip Assortment of Cookies / Dessert Squares Fountain Pop Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Country Style Meat Loaf <i>Mushroom Lentil Loaf</i> Smashed Red Skin Potatoes with Roasted Garlic Steamed Broccoli Pizza Station - 2 choice Chef choice of Pasta one option Grill Station - Scratch Made Burgers and Fries - cook to order Salad Bar - 2 leafy Greens Spring Quinoa Salad Oil & Vinegar & Low Cal Dressing Vegetable and Dip Assortment of Cookies / Dessert Squares Fountain Pop Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Smoked Paprika Chicken Baked <i>Harissa Chickpea Stew</i> Roasted baby Red Potatoes California Vegetables Pizza Station - 2 choice Chef choice of Pasta one option Grill Station - Scratch Made Burgers and Fries - cook to order Salad Bar - 2 leafy Greens Sweet Potato Salad Oil & Vinegar & Low Cal Dressing Vegetable and Dip Assortment of Cookies / Dessert Squares Fountain Pop Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Taco Bar - Beef <i>Taco Bar - Jack Fruit</i> Hard and Soft Shell, Lettuce, Salsa Shredded Cheese, Sour Cream Guacamole, Tomato Mexican Rice Pizza Station - 2 choice Chef choice of Pasta one option Grill Station - Scratch Made Burgers and Fries - cook to order Salad Bar - 2 leafy Greens Pasta and Broccoli salad Oil & Vinegar & Low Cal Dressing Vegetable and Dip Assortment of Cookies / Dessert Squares Fountain Pop Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea |
| D I N N E R | Dinner Rolls with Butter Stew Beef, Stroganoff <i>Stoganoff Mushroom</i> Egg Noodles California Vegetables Choice of 3 Pasta Sauce - Alfredo, Pomodoro, Bolognese Salad Bar - 3 leafy Greens Cucumber Salad, with Dill Sour Cream Oil & Vinegar & Low Cal Dressing Vegetable and Dip Assortment of Cookies / Dessert Squares Fountain Pop Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Dinner Rolls with Butter Baked BBQ Chicken <i>Black Bean Stew</i> Coconut Rice, Caribbean Beans Blend, carrot, pea and onions Choice of 3 Pasta Sauce - Alfredo, Pomodoro, Bolognese Salad Bar - 3 leafy Greens Thai Riced Cauliflower Salad Oil & Vinegar & Low Cal Dressing Vegetable and Dip Assortment of Cookies / Dessert Squares Fountain Pop Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Dinner Rolls with Butter Paprikash Chicken Stew <i>African Peanut Stew</i> Basmati Rice Vegetable Mix - peas and carrot Choice of 3 Pasta Sauce - Alfredo, Pomodoro, Bolognese Salad Bar - 3 leafy Greens Pasta Salad Oil & Vinegar & Low Cal Dressing Vegetable and Dip Assortment of Cookies / Dessert Squares Fountain Pop Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Dinner Rolls with Butter Beef Cannelloni <i>Spinach Cannelloni</i> Steamed Broccoli with Parmesan on Side Garlic Bread Sticks Choice of 3 Pasta Sauce - Alfredo, Pomodoro, Bolognese Salad Bar - 3 leafy Greens Mediterranean Chickpea Salad Oil & Vinegar & Low Cal Dressing Vegetable and Dip Assortment of Cookies / Dessert Squares Fountain Pop Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Dinner Rolls with Butter Baked Fish Cod <i>Chickpea chana masala with rice</i> Wild Rice Sauted - green beans and cherry tomatatoes Choice of 3 Pasta Sauce - Alfredo, Pomodoro, Bolognese Salad Bar - 3 leafy Greens Spring Quinoa Salad Oil & Vinegar & Low Cal Dressing Vegetable and Dip Assortment of Cookies / Dessert Squares Fountain Pop Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Dinner Rolls with Butter Carved Roast Beef <i>JackFruit Ropa Vieja</i> Mashed Potatoes, grilled asparagus Choice of 3 Pasta Sauce - Alfredo, Pomodoro, Bolognese Salad Bar - 3 leafy Greens Sweet Potato Salad Oil & Vinegar & Low Cal Dressing Vegetable and Dip Assortment of Cookies / Dessert Squares Fountain Pop Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea | Dinner Rolls with Butter Grilled Chicken Strip with Vegetable stir fry <i>Tofu with vegetable stir fry</i> Basmati Rice Choice of 3 Pasta Sauce - Alfredo, Pomodoro, Bolognese Salad Bar - 3 leafy Greens Pasta and Broccoli salad Oil & Vinegar & Low Cal Dressing Vegetable and Dip Assortment of Cookies / Dessert Squares Fountain Pop Milk 1% and Skim Milk Apple and Orange Juice Coffee and Tea |