

# SAMPLE MENU

## MONDAY

**BREAKFAST:** Scrambled Eggs, Veggie Omelet, French Toast Sticks, Sausage Patties, Hash Brown Casserole, Muffin or Cinnamon Roll, Yogurt, Fresh Fruit, Oatmeal

**LUNCH:** Spicy Chicken Fillet on Bun, Hot French Dip Roast Beef, Veggie Burgers, Pasta Salad and Cole Slaw, French Fries, Green Pepper and Onions, Hard French Rolls, Assorted Cheese, Kids: Corn Dog, Soup

**DINNER:** Baked Chicken, Meat Balls & Pasta, Marinara Sauce, Steamed Broccoli/ Lemon Zest, Bistro Potatoes, Bread Sticks, Soup, Tossed Salad, Fresh Fruit

## TUESDAY

**BREAKFAST:** Scrambled Eggs, Veggie Omelet, Biscuits and Gravy, Sausage Patties, Hash Browns, Muffins or Cinnamon Rolls, Yogurt, Fresh Fruit, Oatmeal

**LUNCH:** Hamburgers, Veggie Burgers, Hot Dogs, Chicken and Dumplings, French Fries, Baked Beans, Soup

**DINNER:** Grilled Chicken, BBQ Ribs, Lentil Stew, Carrots, Au Gratin Potatoes, Dinner Rolls, Kids: Ravioli, Soup, Tossed Salad, Fresh Fruit

## WEDNESDAY

**BREAKFAST:** Scrambled Eggs, Veggie Omelet, Waffles, Bacon, Home Fries, Muffins or Cinnamon Rolls, Yogurt, Fresh Fruit, Oatmeal

**LUNCH:** Beef Taco Meat, Black Beans, Fajita Chicken, Tortilla Chips, Cheese Sauce, Salsa, Sour Cream, Grated Cheese, Flour Tortillas, Kids: Mini Corn Dogs, Broccoli Cheddar Soup

**DINNER:** Chicken Vegetable Stir Fry, Baked Tilapia, Lo Mein Noodles, Steamed Broccoli, Crab Rangoon, Sweet and Sour Sauce, Soup, Kids: Chicken Nuggets, Soup, Tossed Salad, Fresh Fruit

## THURSDAY

**BREAKFAST:** Scrambled Eggs, Veggie Omelet, French Toast Sticks, Sausage Patties, Hash Browns, Muffins or Cinnamon Rolls, Yogurt, Fresh Fruit, Oatmeal

**LUNCH:** Meatball Subs, Cheese Tortellini, Homemade Potato Chips, Potato Salad, Lettuce/Tomato/Cheese Condiments, Vegetable Soup

**DINNER:** Roast Turkey Breast/Gravy, Teriyaki Glazed Chicken Breast, Quinoa Veggie Stir Fry, Corn Bread Stuffing or Mashed Potatoes, Green Beans, Mashed Potatoes, Dinner Rolls, Kids: Chicken Tenders, Soup, Tossed Salad, Fresh Fruit

## FRIDAY

**BREAKFAST:** Scrambled Eggs, Veggie Omelet, Biscuits and Gravy, Bacon, Home Fries, Muffins or Cinnamon Rolls, Yogurt, Fresh Fruit, Oatmeal

**LUNCH:** Breaded Pollock, Cajun Chicken Pasta, Vegan Chili Mac, French Fries, Green Beans, Kids: Corn Dogs, Broccoli Cheddar Soup

**DINNER:** Fried Fish, BBQ Pork Steaks, Wild Rice, Cole Slaw, Pasta Salad, Corn on Cob, Lentil Stew, Hush Puppies, Kids: Fish Sticks, Broccoli Cheddar Soup, Tossed Salad, Fresh Fruit

**There are always vegetarian, vegan and gluten-free options available in the list above!**

## **SATURDAY**

**BREAKFAST:** Scrambled Eggs, Veggie Omelet, Waffles, Sausage Patties, Hash Brown Casserole, Muffins or Cinnamon Rolls, Yogurt, Fresh Fruit, Oatmeal

**LUNCH:** Chicken Filet Sandwich, Veggie Burgers, Tortellini, Bermuda Blend Vegetables, French Fries, Vegan Chili

**DINNER:** Herbed Roasted Pork Loin, Roasted Potatoes, Lasagna Cheese, Stir Fry Fried Rice, Glazed Carrots, Pork Gravy, Kids: Chicken Strips, Vegan Chili, Tossed Salad, Fresh Fruit

## **SUNDAY**

**BREAKFAST:** Scrambled Eggs, Veggie Omelet, Biscuits and Gravy, Bacon, Home Fries, Muffins or Cinnamon Rolls, Yogurt, Fresh Fruit, Oatmeal

**LUNCH:** Fried Chicken, Baked Chicken, Roast Beef Au Jus, Red Beans and Rice, Mashed Potatoes and Gravy, Fresh Green Beans/Carrots, Dinner Rolls, Vegetarian Vegetable Soup

**DINNER:** Meat Loaf/Gravy/Creole Sauce, Baked Tilapia, Baked Cheesy Lasagna, Parmesan Potatoes, Steamed Carrots, Cheddar Biscuits, Curry and Rice, Vegetarian Vegetable Soup, Kids: Chicken Nuggets, Tossed Salad, Fresh Fruit

**There are always vegetarian, vegan and gluten-free options available in the list above!**