



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH AND DINNER COMMON MENU ITEMS INCLUDE SOUPS, BEVERAGES, FOOD BAR ITEMS (PIZZA/PANINI), SALAD BAR, WHOLE FRUIT AND DESSERTS							
SOUPS	Mushroom Barley Turkey Noodle 	Hearty Minestrone Beef and Vegetable 	Lentil Spinach Chicken & Wild Rice 	Potato Leek Smoky Mushroom & Bacon 	Cream Of Roasted Squash New England Clam Chowder 	Hot and Sour with Tofu Spicy Thai Chicken 	Moroccan Chickpea Chicken & Rice
LUNCH						BREAKFAST FOR BRUNCH	BREAKFAST FOR BRUNCH
ENTRÉE	Pesto Chicken Mushroom Tetrazzini Bake 	Sweet Italian Sausage	Greek Style Grilled Chicken 	Beef Lasagna Marinara Sauce 	Cedar Spiced Atlantic Salmon on a bed of Wilted Greens 	Teriyaki Chicken Noodle bowl, Teriyaki Chicken 	Pasta bowl station Meatballs in Marinara
VEGETARIAN ENTRÉE	Pesto Plant base Strip Mushroom Tetrazzini Bake 	Vegan Sausage 	Falafels 	Vegetarian Lasagna 	Vegetable & garbanzo Beans Cacciatore 	Teriyaki Tofu 	Veggie Meatballs in Marinara
SIDES	Lemon Rice Roasted Root Vegetable Garlic Bread 	Smoked 3 Bean chilli Sausage Bun Roasted Broccoli, Corn and Peppers Skin on French fries 	Lemon Rice Chunky Vegetable & Chickpea Briam Greek Pita/Tzatzki 	Fresh Mix Vegetable Marinara Sauce Garlic Bread 	Wild Rice Pilaf Avocado Fries Winter Veg Mix 	Vegetable Chow Mein Spring rolls Vegetable Medley 	Rigatoni Pasta Garlic Bread Italian Blend
DINNER							
ENTRÉE	Asian BBQ Beef Brisket 	Crispy Fish 65 Yogurt Mint Sauce 	Beef Fajita 	Chicken Fingers Fried 	Classic Beef Stroganoff 	"Breaded Veal Schnitzel" 	BBQ Quarter Chicken - Dark / White
VEGETARIAN ENTRÉE	Thai Sweet Chili Tofu and Vegetable Stir-fry 	Tandoori paneer and Vegetable curry 	Ground Soy, Bean Fajita with Bell Pepper 	Veggie Nuggets 	Mushroom Stroganoff 	Eggplant Schnitzel 	Plant Based Nuggets
SIDES	Vegetable Pad Thai Garlic Sautéed Gai Lan Vegetable Mix Vegetable Spring Rolls 	Cumin Basmati Rice Roasted Root Vegetable and Broccoli Vegetable Samosa 	Mexican Rice with Corn Warm Flour Tortilla California Roast vegetable 	Macaroni Cheese Maple Glazed Carrot & French Beans Vinegar Coleslaw 	Onion Rice Pilaf Butter Roll Sautéed Rapini and Sweet Bell Peppers 	Herb Linguine Garlic Sautéed Zucchini and Tomato Garlic Bread Sticks 	Roasted Butternut Squash and Root Vegetable Blend Baked Potato

VEGAN AND GLUTEN FREE OPTIONS ARE PROVIDED