



SESSION 2 MENU (Week 1)

SUNDAY

DINNER: Linguine Pasta, meatballs in marinara sauce (veggie meatballs available), sautéed mushrooms and spinach, garlic bread, salad bar.

MONDAY

BREAKFAST: Scrambled eggs, fresh baked, frosted cinnamon rolls

LUNCH: Grilled cheese, tomato soup

DINNER: Enchiladas verdes, beans, Spanish rice, corn chips with salsa and guacamole

TUESDAY

BREAKFAST: Waffles with strawberries and cream, hard-boiled eggs, pork sausage

LUNCH: Pulled pork sliders, curly fries

DINNER: Chicken pot pie, roast potatoes

WEDNESDAY

BREAKFAST: Scrambled eggs and breakfast potatoes

LUNCH: Meatball subs, tater tots

DINNER: Orange chicken, rice, veggie stir fry

THURSDAY

BREAKFAST: French toast, pork sausage links, hard boiled eggs

LUNCH: French dip sandwiches, Ruffles chips, chicken noodle soup

DINNER: Cheese Cannelloni, roasted chicken, grilled zucchini

FRIDAY

BREAKFAST: Pancakes, bacon, hard boiled eggs

LUNCH: Pita Bread with chicken, couscous, hummus, Tzatziki sauce

DINNER: Salmon, Tri-Tip, wild rice pilaf, Caprese salad, asparagus spears, dinner rolls

SATURDAY

BREAKFAST: Eggs McManny, pork sausage

LUNCH: Ham, pineapple OR cheese pizza

DINNER: Roasted turkey, green beans, mashed potatoes, gravy, cornbread stuffing

*all meals include GF & Vegan options