



## **SESSION 3 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 hash browns

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

**DINNER:** Cheese Cannelloni, zucchini, Caesar salad, dinner rolls

### **THURSDAY**

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

**LUNCH:** Meatball subs, tater tots

**DINNER:** Chicken parmesan, Penne with Alfredo sauce, roasted broccoli & cauliflower

### **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