



## **SESSION 1 MENU (Week 1)**

### **SUNDAY**

**DINNER:** Linguine pasta, meatballs and marinara sauce, sautéed mushrooms and spinach, garlic bread, salad bar

### **MONDAY**

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

**LUNCH:** Grilled cheese, tomato soup

**DINNER:** Cheese enchiladas verdes, beans, Spanish rice, chips w/ salsa and guacamole

### **TUESDAY**

**BREAKFAST:** Scrambled eggs, fresh baked cinnamon rolls

**LUNCH:** Pulled pork sliders, curly fries

**DINNER:** Chicken pot pie, roasted potatoes

### **WEDNESDAY**

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

**LUNCH:** Meatball subs, tater tots

**DINNER:** Orange chicken, steamed rice, stir fry veggies

### **THURSDAY**

**BREAKFAST:** Scrambled eggs and hash browns

**LUNCH:** French dip sandwiches, 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, asparagus spears, Caprese salad

### **SATURDAY**

**BREAKFAST:** Eggs McManny, pork sausage patties

**LUNCH:** Ham & pineapple pizza, cheese pizza

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

\*all meals include GF & Vegan options