



SESSION 2 MENU (Week 1)

SUNDAY

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

MONDAY

BREAKFAST: Pancakes and bacon

LUNCH: Grilled cheese and tomato soup

DINNER: Teriyaki chicken, steamed rice, stir fry veggies

TUESDAY

BREAKFAST: Scrambled eggs and hash browns

LUNCH: Pulled pork sliders and curly fries

DINNER: Beef tacos, pinto beans, chips w/ salsa and guacamole

WEDNESDAY

BREAKFAST: French toast and pork sausage links

LUNCH: Meatball subs, tater tots

DINNER: Cheese tortellini, roasted chicken, green beans

THURSDAY

BREAKFAST: Scrambled eggs and breakfast potatoes

LUNCH: French dip sandwiches and Ruffles

DINNER: Manicotti, grilled zucchini, caesar salad

FRIDAY

BREAKFAST: Waffles with strawberries and cream, pork sausage

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

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

SATURDAY

BREAKFAST: Egg McMannys, pork sausage patties

LUNCH: Ham & pineapple pizza, cheese pizza

DINNER: Orange chicken, steamed rice, stir fry veggiesg

*all meals include GF & Vegan options