



## **SESSION 4 MENU (Week 1)**

### **SUNDAY**

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

### **MONDAY**

**BREAKFAST:** Pancakes, hard-boiled eggs, and bacon

**LUNCH:** Grilled cheese sandwiches and tomato soup

**DINNER:** Teriyaki chicken, steamed rice, stir fry veggies, egg rolls

### **TUESDAY**

**BREAKFAST:** Scrambled eggs and hash browns

**LUNCH:** Pita bread with chicken, couscous, hummus, Tzatziki sauce

**DINNER:** Taco Tuesday, pinto beans, chips w/ salsa and guacamole

### **WEDNESDAY**

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

**LUNCH:** Meatball subs & tator tots

**DINNER:** Cheese tortellini, roasted chicken, and green beans

### **THURSDAY**

**BREAKFAST:** Scrambled eggs and breakfast potatoes

**LUNCH:** French dip sandwiches and curly fries

**DINNER:** Cheese manicotti, roasted chicken, grilled zucchini

### **FRIDAY**

**BREAKFAST:** Waffles with strawberries and cream, pork sausage

**LUNCH:** Pulled pork sliders and Ruffles chips

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

### **SATURDAY**

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

**LUNCH:** Pizza squares: ham & pineapple or cheese

**DINNER:** Parmesan Chicken, penne alfredo, roasted broccoli & cauliflower

\*all meals include GF & Vegan options



## **SESSION 4 MENU (Week 2)**

### **SUNDAY**

**BREAKFAST:** Scrambled eggs and bread pudding

**LUNCH:** Carnival BBQ: Burgers, watermelon, chips

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

### **MONDAY**

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

**LUNCH:** Chili, frito chips, baked potatoes

**DINNER:** Cheese enchiladas, Spanish rice, black beans, chips w/ salsa & guacamole

### **TUESDAY**

**BREAKFAST:** Scrambled eggs and cinnamon rolls

**LUNCH:** Quesadillas, pinto beans, chips w/ salsa & guacamole

**DINNER:** Lasagna, garlic bread, sauteed mushrooms & onions

### **WEDNESDAY**

**BREAKFAST:** Pancakes, bacon, hard-boiled eggs

**LUNCH:** Ciabatta sandwiches, Ruffles chips, egg salad, tuna, hummus

**DINNER:** Roast chicken, mashed potatoes, corn, gravy, and Hawaiian rolls

### **THURSDAY**

**BREAKFAST:** Scrambled eggs and hash browns

**LUNCH:** Chicken strip wraps and broccoli salad

**DINNER:** Calzones: Cheese or Meat Combo (sausage & pepperoni)

### **FRIDAY**

**BREAKFAST:** Waffles with strawberries and cream, pork sausage

**LUNCH:** Hot dogs and Mac & Cheese

**BANQUET:** Orange chicken, steamed rice, stir fried veggies

\*all meals include GF & Vegan options