



SESSION 1 MENU (Week 1)

SUNDAY

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

MONDAY

BREAKFAST: Waffles with strawberries and cream, sausage, and boiled eggs

LUNCH: Grilled cheese and tomato soup

DINNER: Roast chicken with cheesy broccoli rice

TUESDAY

BREAKFAST: Scrambled eggs and cinnamon rolls

LUNCH: Chicken carnitas sliders and curly fries

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

WEDNESDAY

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

LUNCH: Meatball subs and tater tots

DINNER: Chicken Pot Pie and roast potatoes

THURSDAY

BREAKFAST: Scrambled eggs and hash browns

LUNCH: French dip sandwiches and Ruffles

DINNER: Manicotti, grilled zucchini, and caesar salad

FRIDAY

BREAKFAST: Pancakes, bacon, and hard boiled eggs

LUNCH: Pita Bread with chicken, tabouleh salad, hummus, and 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: Roast chicken and mashed potatoes

*all meals include GF & Vegan options



SESSION 1 MENU (Week 2)

SUNDAY

BREAKFAST: Scrambled eggs and bread pudding

LUNCH: Carnival BBQ: Burgers, watermelon, chips

DINNER: Cheese tortellini, roasted chicken, and green beans & tomatoes

MONDAY

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

LUNCH: Chili, frito chips, and baked potatoes

DINNER: Lasagna, garlic bread, sauteed mushrooms & onions

TUESDAY

BREAKFAST: Scrambled eggs and hash browns

LUNCH: Quesadillas, pinto beans, chips, salsa, and guacamole

DINNER: Teriyaki Chicken, steamed rice, and stir fried veggies

WEDNESDAY

BREAKFAST: Pancakes, bacon, hard boiled eggs

LUNCH: Ciabatta sandwiches: Turkey & Provolone & Ham & Cheddar, Ruffles chips, egg salad, tuna, hummus

DINNER: Cheese fajitas, Spanish rice, black beans, corn chips, salsa, guacamole

THURSDAY

BREAKFAST: Breakfast Quesadillas (egg & cheese), salsa, and fresh baked donuts

LUNCH: Chicken strip wraps, broccoli salad

DINNER: Personal Pizzas: Cheese or Pepperoni

FRIDAY

BREAKFAST: Waffles with strawberries and cream and pork sausage

LUNCH: Hot dogs, and Mac & Cheese

BANQUET: Orange Chicken, white rice, veggies, fruit, and sparkling apple soda

SATURDAY

BREAKFAST: Eggs McManny, pork sausage patties

*all meals include GF & Vegan options