



SESSION 4 MENU (Week 1)

MONDAY

BREAKFAST: Frittata veggie or cheese & ham, bread pudding

LUNCH: Ciabatta sandwiches

DINNER: Linguine pasta, meatballs and marinara sauce, sautéed mushrooms and spinach, and rolls

TUESDAY

BREAKFAST: Pancakes, bacon, hard boiled eggs

LUNCH: Grilled cheese and tomato soup

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

WEDNESDAY

BREAKFAST: Scrambled eggs, hashbrowns

LUNCH: Meatball subs, criss cut fries

DINNER: Roast chicken, mashed potatoes, fire roasted corn, gravy

THURSDAY

BREAKFAST: French toast and hard boiled eggs

LUNCH: Pita bread, roast chicken, couscous, hummus, tatziki

DINNER: Cheese enchiladas, chicken tinga, rice

FRIDAY

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

LUNCH: Chili, baked potatoes, cheese & sour cream, fritos

DINNER: Chicken parmesean, penne with alfredo

SATURDAY

BREAKFAST: Breakfast Quesadillas and blueberry muffins

LUNCH: Pizza squares: Ham & Pineapple or cheese

DINNER: Chicken pot pie, roasted baby potatoes

*all meals include GF & Vegan options