



SESSION 3 MENU (Week 1)

MONDAY

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

TUESDAY

BREAKFAST: Pancakes, bacon and hard boiled eggs.

LUNCH: Grilled Cheese & Tomato Soup

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

WEDNESDAY

BREAKFAST: Scrambled eggs and hash browns

LUNCH: Meatball subs and tater tots

DINNER: Teriyaki chicken, steamed rice, and stir fry veggies

THURSDAY

BREAKFAST: French toast, sausage links and hard boiled eggs

LUNCH: Chili and Baked Potatoes

DINNER: Lasagna and grilled zucchini

FRIDAY

BREAKFAST: Waffles w/ strawberries & cream, sausage and hard boiled eggs

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

DINNER: Burgers with curly fries

SATURDAY

BREAKFAST: Breakfast Burritos

LUNCH: Pita Bread with chicken, tabouleh salad, hummus and Tzatziki sauce

DINNER: Tri-Tip with mashed potatoes

*all meals include GF & Vegan options



SESSION 3 MENU (Week 2)

SUNDAY

BREAKFAST: Scrambled eggs and bread pudding

LUNCH: French dip sandwiches and Ruffles

DINNER: Chicken Pot Pie with roast potatoes

MONDAY

BREAKFAST: Eggs McManny, pork sausage patties and blueberry muffins

LUNCH: Pizza Squares

DINNER: Chicken Parmesan with alfredo pasta and green beans/tomatoes

TUESDAY

BREAKFAST: French Toast, sausages and hard boiled eggs

LUNCH: Ciabatta sandwiches: Turkey & Provolone & Ham & Cheddar and Fritos chips

DINNER: Hot dogs and Mac & Cheese

WEDNESDAY

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

LUNCH: Chicken Sliders and tater tots

DINNER: Chicken Fajitas, corn tortillas, black beans, Spanish rice and chips/salsa

THURSDAY

BREAKFAST: Pancakes, bacon and hard boiled eggs

LUNCH: Chicken strip wraps and broccoli salad

DINNER: Personal Pizzas: Cheese or Pepperoni

FRIDAY

BREAKFAST: Waffles with strawberries and cream and pork sausage

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

BANQUET: Orange chicken, steamed rice, stir fry veggies, fruit and sparkling apple
cider

SATURDAY

BREAKFAST: Eggs McManny, pork sausage patties