



## **SESSION 2 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, salad bar, 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, tater tots

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

### **THURSDAY**

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

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

**DINNER:** Cheese manicotti, grilled zucchini, garlic bread

### **FRIDAY**

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

**LUNCH:** Chicken carnitas, Ruffles chips, BBQ sauce

**DINNER:** Chicken Pot Pie with roast potatoes

### **SATURDAY**

**BREAKFAST:** Breakfast Quesadillas (egg & cheese), and blueberry muffins

**LUNCH:** Pizza squares: Ham & Pineapple or cheese

**DINNER:** Roast tri tip, rice pilaf, caprese salad, green beans & tomato

\*all meals include GF & Vegan options