



SESSION 1 PLUS MENU

MONDAY

DINNER: Grilled teriyaki chicken and fried rice

TUESDAY

BREAKFAST: Scrambled eggs, ham, tortillas

LUNCH: Carnitas chicken, pita bread, couscous, three bean salad, hummus

DINNER: Burgers

WEDNESDAY

BREAKFAST: Scrambled eggs and bacon

LUNCH: Quesadillas, salsa, guacamole, chips

DINNER: BBQ chicken, mashed potatoes, black bean and corn medley

THURSDAY

BREAKFAST: Scrambled eggs, sausage, english muffins

LUNCH: Chicken sandwiches & chips

DINNER: Beef pupupas, refried beans, chilantro lime rice, chips w/salsa and guacamole

FRIDAY

BREAKFAST: Scrambled eggs and bacon

LUNCH: Hot dogs

DINNER: Teriyaki chicken, chow mein, baked tofu, and potstickers

SATURDAY

BREAKFAST: Egg McManny sandwiches & monkey bread

Lunch: Deli sandwiches & chips

Dinner: Pizza

SUNDAY

BREAKFAST: Avocado toast

Lunch: Pastrami sandwiches & chips

Dinner: Build your own burritos

*all meals include GF & Vegan options