

Menu Cycle

Week 3 Menu

Available at all Meals

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Breakfast Menu						
<u>Monday</u> Scrambled Eggs Hard Boiled Eggs Veg/Potato Hash Chocolate Chip Pancakes Sausage Patties	<u>Tuesday</u> Scrambled Eggs Fried Eggs Hashbrowns Monte Cristo Sandwiches Sausage Links	<u>Wednesday</u> Scrambled Eggs Ham & Cheese Scrambled Eggs Diced Red Potatoes French Toast Sticks Spicy Sausage Links	<u>Thursday</u> Scrambled Eggs Fried Eggs Tater Tots English Muffin Bacon	<u>Friday</u> Scrambled Eggs Vegetable Fritatas Fried Diced Potatoes Pancakes Corned Beef Hash	<u>Saturday</u>	<u>Sunday</u>
Lunch Menu						
<u>Monday</u> Pepperjack Pork Loin Pasta Roll-Ups Brown Rice Basalmlc Mushrooms Kale & Chickpeas SOUPS OF THE DAY: ROTATIONS: Veggies & Hummus/Dips	<u>Tuesday</u> Cajun Baked Whitefish Ham & Macaroni Roasted Red Potatoes Fried Okra Roasted Yellow Squash SOUPS OF THE DAY: ROTATIONS: Stir-Fry Bar	<u>Wednesday</u> Beef Stroganoff Chicken Cacciatore Egg Noodles Green Beans Buttered Corn SOUPS OF THE DAY: Creamy Tomato ROTATIONS: Deluxe Grilled Cheese	<u>Thursday</u> Pork Lo-Mein Sesame Chicken Fried Rice Steamed Broccoli Bok Choy SOUPS OF THE DAY: ROTATIONS: Pasta Bar	<u>Friday</u> BBQ Pulled Pork Shrimp Tacos French Fries Spiced Apples Roasted Root Vegetables SOUPS OF THE DAY: ROTATIONS: Chicken Caesar Salads	<u>Saturday</u> BRUNCH Sausage Breakfast Casserole Potatoes O'brian Scrambled Eggs Sliced Ham Chicken Stir-Fry Chef's Choice Entree Chef's Choice Vegetable	<u>Sunday</u> SOUP OF THE DAY: Chef's Choice Chef's Choice Entree Chicken Dijonnaise Roasted Red Potatoes Chef's Choice Vegetable Chef's Choice Vegetable

Monotony Breakers:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Dinner Menu Baked Orzo Carved Roast Beef Au Gratin Potatoes Roasted Eggplant Sauteed Cabbage	Buffalo Chicken Bites BBO Pork Ouesadillas Sweet Potato Fries Roasted Cauliflower Sauteed Snap Peas	Pork Chops Chicken Alfredo Pasta Rice Pilaf Sauteed Spinach & Mushrooms Sesame Carrots	Carved Turkey Breast Vegetarian Pasta Bake Sweet Potato Hash Zucchini & Tomatoes Navy Beans	Chicken Parmesan Spaghetti & Meatballs Breadsticks Asparagus Ratatouille	Sloppy Joes French Fries	