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BREAKFAST
Every Day
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MONDAY, WEDNESDAY, & FRIDAY

Sandwich – Entree

Whole Wheat English Muffin
with Grilled Apple Slice
Chicken Apple Sausage,
Egg Whites, Smoked Cheddar, Spinach
& Caramelized Onion

Porridge – Entree

Whole Grain Quinoa
with Baked Apples
Cinnamon/Maple/Raw Sugar

Side

Sweet Potato & Greens Hash
with Smoked Paprika

TUESDAY & THURSDAY

Sandwich – Entree

Whole Grain Flatbread, Turkey Bacon
Smoked Mozzarella, Arugula, Pesto, Tomato,
Red & Yellow Peppers

Porridge – Entree

Whole Grain Oats
with Poached Pears
Cinnamon/Maple/Raw Sugar

Side

Purple Potato Hash
with Basil & Sun-dried Tomatoes

EVERYDAY

Bagel Bar – Entree

Smoked Salmon
Sliced Egg
Cream Cheese
Fruit, Veggie, Horseradish Turkey Bacon
Sweetened Ricotta
Pistachio Honey
Strawberries
Avocado
Tomato
Basil
Cucumber
Bermuda Onions

Sides

Parfait

Yogurt, Granola, Fruit

Mini Muffin

Banana, Cranberry Orange, Blueberry

Fresh Fruit

Sliced or Whole

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**MONDAY
& FRIDAY**
Sandwiches
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Roasted Halal Lamb

Hallomi Cheese
Spearment Pesto
Spinach

Grilled Chicken

Fresh Mozzarella
Basil Pesto
Arugula & Roasted Pepper Coulis

Roasted Turkey

Vegan Cranberry Mayo
Turkey Bacon
Boston Bibb Lettuce
Havarti

Poached Salmon

Vegan Dill Mayo
Watercress
Cucumbers
Quick Pickled Onions

Grilled Vegetables

Assorted Whole Grain Bread Available

Sides

Root Vegetable Slaw
Two Whole Grain Salads



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TUESDAY
Pastabilities
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**Meaty Mushroom “Bolognese”
Over a Garden Penne**

with Fresh Herbs

**Asparagus and Arugula
Over Red Lentil Linguine**

with Pecorino Basil Pesto
& Pancetta

**Spinach & Roasted
Butternut Squash
Over Garden Rotini**

with Chicken Meatballs
in a Pine Nut Cream

**Eggplant Rollantini
Over Zucchini “Noodles”**

with Roasted Cauliflower
& Fire Tomato Sauce



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WEDNESDAY
Build-a-Burger
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WEEK 1

Jasmine Rice Burger
Mushroom Beef
Turkey & Zucchini

WEEK 2

Cauliflower & Quinoa
Mushroom Beef
Lamb Kefta

WEEK 3

Beet & Bean
Mushroom Beef
Cod & Potato

WEEK 4

Baked Sweet Potato Falafel
Mushroom Beef
Salmon & Amaranth



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THURSDAY
Authentic Asian
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**Steamed Dumpling Bar
(Chicken, Shrimp, Veggie)**

Served over:

Stir-Fry Egg White
Tricolor Quinoa with Shitakes
& Snow Pea Crunch

Fluffy Coconut Brown Basmati Rice
with Toasted Coconut Chips,
Edamame & Roasted Kale Ribbons

**Grilled Lemon Grass
(Chicken, Shrimp or Tofu)**

Served Over:

Sesame Broccolini, Bok Choy,
& Soba Noodle Salad

Purple Cabbage, Red Rice
with Adzuki & Mung Bean Salad

Soy & Thai Basil Rice Stick Salad
with Julienne Vegetables



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SUNDAY
Baked Wings
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**Lemon Garlic Rub
with Serracha**

Tandoori Yogurt

Kansas BBQ

