**BREAKFAST**

*Every Day*

**MONDAY, WEDNESDAY, & FRIDAY**

**Sandwiches**
- Roasted Halal Lamb
  - Halloumi Cheese
  - Spinach Pesto
  - Red Wine Caramelized Onion

**Build-a-Burger**
- Two Whole Grain Salads
- Fresh Fruit Sliced or Whole

**MINI MUFFIN**
- Banana, Cranberry Orange, Blueberry

**TUESDAY & THURSDAY**

**Sandwich**
- Whole Wheat English Muffin
  - Grilled Apple Slice
  - Chicken Apple Sausage
  - Egg Whites
  - Smoked Cheddar
  - Spinach & Roasted Pepper Cauliflower

**Sides**
- Sweet Potato & Greens Hash
  - Cinnamon/Maple/Raw Sugar

**EVERYDAY**

**Bagel Bar**
- Smoked Salmon
  - Roasted Egg
  - Cream Cheese
  - Feta
  - Basil Pesto

**Sides**
- Pesto & Caramelized Onion
- Assorted Whole Grain Flatbread

**TUESDAY Pastabilities**

**Meaty Mushroom “Bolognese”**
- Over a Garden Penne
  - Fresh Herbs

**Asparagus and Arugula**
- Over Red Lentil Linguine
  - Pecorino Basil Pesto
  - Pancetta

**Roasted Turkey**
- Vegan Cranberry Mayo
  - Turkey Bacon
  - Boston Bibb Lettuce
  - Jicama

**Poached Salmon**
- Vegan Dill Mayo
  - Watercress
  - Cucumbers
  - Quick Pickled Onions

**Grilled Vegetables**
- Assorted Whole Grain Bread

**Sides**
- Root Vegetable Stew
- Two Whole Grain Salads

**WEDNESDAY Authentic Asian**

**Build-a-Burger**
- Jasmine Rice Burger
  - Mushroom Beef
  - Turkey & Zucchini

**WEEK 1**
- Cauliflower & Quinoa
  - Mushroom Beef
  - Lamb Kofta

**WEEK 2**
- Beet & Bean
  - Mushroom Beef
  - Cod & Potato

**WEEK 3**
- Baked Sweet Potato Falafel
  - Mushroom Beef
  - Salmon & Amaranth

**WEEK 4**
- Baked Wings

**SUNDAY**

**Baked Wings**
- Lemon Garlic Rub with Sirracha
- Tandoori Yogurt
- Kansas BBQ

**Pastabilities**
- Meaty Mushroom “Bolognese”
  - Over Red Lentil Linguine
  - with Fresh Herbs

**Asparagus and Arugula**
- Over Zucchini “Noodles”
  - with Roasted Cauliflower
  - & Fire Tomato Sauce

**Eggplant Rollantini**
- Over Garden Rotini
  - with Chicken Meatballs in a Pine Nut Cream

**Stir-Fry Egg White**
- Served Over:
  - Purple Cabbage, Red Rice
  - with Adzuki & Mung Bean Salad

**Served Over:**
- Soy & Thai Basil Rice Stick Salad
  - with Julienne Vegetables

**Steamed Dumpling Bar**
- (Chicken, Shrimp, Veggie)

**Served over:**
- Grilled Lemon Grass
  - with Sirracha

**Served over:**
- Sesame Broccolini, Bok Choy, & Soba Noodle Salad
  - Purple Cabbage, Red Rice
  - with Adzuki & Mung Bean Salad

**Served over:**
- Soy & Thai Basil Rice Stick Salad
  - with Julienne Vegetables