



WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
	Main Entrée	Classic Creamy Whole wheat Mac and Cheese	Beef or Veggie sliders with all the toppings	BBQ boneless chicken Thighs with Roasted potato wedges	Beef Stroganoff with Egg Noodles	Chicken Shawarma
	Vegetarian Side	Steamed broccoli	chef salad	Coleslaw	Crisp Green Beans	Caesar Salad
	Snacks	Crispy Bread Sticks- Cream Cheese and Watermelon Wedges	Smoked turkey and mini pita	Fruit Yogurt Tubes- Navel Oranges	Cheddar and whole Wheat Crackers-Fresh Seedless Grapes	Mini Carrot Muffins, Fresh Chunks of Melon
	Dessert	Lemon Squares	Variety of Fresh Whole fruits	Whole Wheat Digestive Cookies	Variety of Fresh fruits	Homemade Cookies

* Please let us know if you have any dietary restriction and we will do our best to accommodate you. *

* Vegetarian, Gluten Free & Dairy Free Options Available Daily *



WEEK 2		Monday	Tuesday	Wednesday	Thursday	Friday
	Main Entrée	Baked Penne Al Forno in Tomato Sauce With Garlic Bread	Beef Bourguignon with Egg Noodles	Chicken Parmesan with Buttered Ziti	Hearty Turkey Chili Served with Tortilla chips and sour Cream	Margarita or Chicken Pizza
	Vegetarian Side	Chef Salad	Steamed Green Beans	Steam Broccoli	Fresh Pico de Gallo	Caesar Salad
	Snacks	Crispy Bread Sticks - cream cheese and Watermelon Wedges	Smoked Turkey and mini pita	Fruit Yogurt Tube-Navel Orange	Cheddar and Whole Wheat crackers-Fresh Seedless Grapes	Mini Carrot Muffins - Fresh Melon
	Dessert	Coconut Square	variety of Fresh Fruit	whole wheat Digestive cookies	Variety of Fresh Fruits	Homemade Cookies

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WEEK 3		Monday	Tuesday	Wednesday	Thursday	Friday
	Main Entrée	Cheese, Potato Perogies, Caramelized Onions and Sour Cream	Chicken Souvlaki with Jasmin Rice	Spaghetti and meat Sauce	Sizzling chicken and Vegetarian Fajitas with whole Wheat tortillas	Crispy Cod nuggets – Mac, Fries and Tartar Sauce
	Vegetarian Side	Chef Salad	Greek Salad	Cucumber Salad	Roasted Peppers	Caesar Salad
	Snacks	Crispy Bread Stick, Cream Cheese and watermelon Wedges	Smoked Turkey and Mini Pita	Yogurt Tubes, Navel Oranges	Cheddar and Whole Wheat Crackers, Fresh Seedless Grapes	Mini Carrot muffins - Fresh fruit
	Dessert	Variety of Fresh Whole Fruit	Banana Bread	Whole Wheat Digestive Cookies	Variety of Fresh Fruit	Homemade Cookies

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