|   | Day 1 (Monday)              | Day 2 (Tuesday)                                    | Day 3 (Wednesday)               | Day 4 (Thursday)  | Day 5 (Friday)                  | Day 6 (Saturday)  | Day 7 (Sunday)                                       |
|---|-----------------------------|--|---------------------------------|---|---------------------------------|---|--|
|   | BREAKFAST                   | BREAKFAST  | BREAKFAST                       | BREAKFAST   | BREAKFAST                       | BREAKFAST   | BREAKFAST  |
| • | Biscuits with Gravy         | "Build Your Own Burrito"                           | Egg Bake                        | DAY 1   | DAY 2                           | DAY 3   | DAY 1  |
| • | Scrambled Eggs              | • 8", 10", 12" Tortilla                            | COLD BAR (Day 1)                |   |                                 |   |  |
|   | COLD BAR                    | <ul> <li>Scrambled Eggs</li> </ul>                 | • Scones                        |   |                                 |   |  |
| • | Bagel Bar (cream            | <ul> <li>Veggies</li> </ul>                        |                                 |   |                                 |   |  |
|   | cheese x2)                  | <ul> <li>Sausage crumbles</li> </ul>               |                                 |   |                                 |   |  |
| • | Yogurt                      | and bacon bits                                     |                                 |   |                                 |   |  |
| • | Fresh Fruit                 | <ul> <li>Refried Beans</li> </ul>                  |                                 |   |                                 |   |  |
| • | Cups of fruit               | Hash Browns  |                                 |   |                                 |   |  |
|   | (peaches/pears)             | COLD BAR (Day 1)                                   |                                 |   |                                 |   |  |
| • | Jams, Jellies,              |  |                                 |   |                                 |   |  |
| - | Nutella, Butter STAFF LUNCH | STAFF LUNCH  | STAFF LUNCH                     | STAFF LUNCH   | STAFF LUNCH                     | STAFF LUNCH   | STAFF LUNCH  |
|   | <u> </u>                    | "Taco Tuesday"                                     | "Leftovers"                     | "Take out Thursday"                                       | "Italian Friday"                | Goulash / Noodle  | "Sandwich Sundays"                                   |
|   | Gyros<br>Meat               | Nacho/ Tortilla                                    | Whatever we need                | Teriyaki Chicken or                                       | Spaghetti Noodles               | Bake  | Build Your own                                       |
|   | Pita Bread                  | Taco Meat  | to use                          | Pork  | White Sauce                     | Garlic Toast  | Sandwich.  |
|   | Cucumber, Tomato,           | Corn Blend Mix                                     | Wednesdays.                     | Rice and Noodles  | Meat Sauce                      | Veggie Medley   | Philly Cheese  |
|   | Red Onion                   | COLD BAR   | COLD BAR                        | Wonton  | Meatballs                       | COLD BAR  | Steak  |
|   | Tzatziki Sauce              | Sour Cream   | Salad Spread                    | Egg Rolls   | Garlic Bread/ Sticks            | Salad Spread  | Sloppy Joes  |
| - | COLD BAR                    | Black Olives                                       | Berries                         | Pot Stickers  | COLD BAR                        | Berries   | (Choose one sandwich                                 |
| • | Salad Spread                | Salsa  | <u>DESERTS</u>                  | Sesame Seed Sauce   | Salad Spread                    | <u>DESERTS</u>  | choice per meal)                                     |
| • | Berries                     | Onions   | Pudding, Ice cream              | Sweet and Sour  | Berries                         | Pudding, Ice cream  | Soups x 2  |
|   | <b>DESERTS</b>              | Shredded Cheese                                    | cups, Ice cream                 | COLD BAR  | <u>DESERTS</u>                  | cups, Ice cream   | COLD BAR   |
| • | Pudding, Ice cream          | Guacamole  | sandwich                        | Salad Spread  | Pudding, Ice cream              | sandwich  | Salad Spread   |
|   | cups, Ice cream             | <u>DESERTS</u>                                     | <u>"EXTRAS"</u>                 | Berries   | cups, Ice cream                 | <u>"EXTRAS"</u>   | Berries  |
|   | sandwich                    | Churros  | • Soups                         | DESERTS   | sandwich                        | • Soups   | <u>DESERTS</u>                                       |
|   | <u>"EXTRAS"</u>             | "EXTRAS"   |                                 | Pudding, Ice cream  |                                 | Chips   | Cake or Donuts                                       |
| • | Soups                       | • Soups  |                                 | cups, Ice cream   |                                 |   | <u>"EXTRAS"</u>                                      |
|   | DIMMED                      | DIMNED   | DINNER                          | sandwich  | DINNER                          | DININED   | Chips  |
|   | DINNER<br>Mostloof          | • Non-breaded                                      |                                 | DINNER  • Beef Pot Roast                                  | Breaded Chicken                 | • Pork Pot Roast  | DINNER  Most and Voggio                              |
| • | Meatloaf<br>Mashed Potatoes | <ul> <li>Non-breaded<br/>chicken breast</li> </ul> |                                 |   | Breast                          |   | <ul> <li>Meat and Veggie</li> <li>Lasagna</li> </ul> |
|   | Broccoli                    | Rice and Noodles                                   |                                 | <ul><li>Mashed Potatoes</li><li>Noodles OR Rice</li></ul> | Mashed Potatoes                 | <ul><li>Mashed Potatoes</li><li>Rice OR Noodles</li></ul> | Rice or Noodles                                      |
|   | Dinner Roll                 | Green Beans  | Rice OR Noodles     Corn Bread  | Noodles OR Rice     Dinner Roll                           | White Gravy                     | Rice OR Noodles     California Blend                      | Plain  |
|   | Rice or Noodles             | Dinner Rolls                                       | Confibread     California Blend | Broccoli  | Green Beans                     | • California Blend<br>Veggies                             | Garlic Sticks  |
| • | COLD BAR                    | COLD BAR   | Veggies                         | Brown Gravy   | Dinner Rolls                    | Dinner Roll   | Broccoli   |
| • | Lettuce (Flexible           | • (Dinner 1)                                       | COLD BAR                        | COLD BAR  | Rice OR Noodles                 | Gravy   | COLD BAR   |
|   | Coleslaw, mac,              | <u>DESERTS</u>                                     | • (Dinner 1)                    | • (Dinner 1)  | COLD BAR                        | COLD BAR  | • (Dinner 1)   |
|   | potato salad)               | Brownies or  | <u>DESERTS</u>                  | DESERTS   | • (Dinner 1)                    | • (Dinner 1)  | <u>DESERTS</u>                                       |
| • | Croutons                    | Cookies  | <ul> <li>Brownies or</li> </ul> | <ul> <li>Brownies or</li> </ul>                           | DESERTS                         | DESERTS   | <ul> <li>Brownies or</li> </ul>                      |
| • | Cheese Cubes                | <u>"EXTRAS"</u>                                    | Cookies                         | Cookies   | <ul> <li>Brownies or</li> </ul> | Brownies or   | Cookies  |
| • | Cherry Tomatoes             | • Soups  | <u>"EXTRAS"</u>                 | <u>"EXTRAS"</u>   | Cookies                         | Cookies   | <u>"EXTRAS"</u>                                      |
| • | x 3 Dressings               | <u>Future Prep</u>                                 | Soups                           | • Soups   | <u>"EXTRAS"</u>                 |   | • Soups  |
| • | Watermelon                  | Pull beef pot roast                                | <u>Future Prep</u>              | Future Prep   | • Soups                         |   | Future Prep  |
| • | Apples/ Oranges             | for Day 4  | Pull Beef Pot Roast             | Pull Meatloaf   | <u>Future Prep</u>              |   | Pull Ham for Day 3                                   |
|   | <u>DESERTS</u>              | Prep Egg Bake for .                                | for tomorrow                    |   | Pull pork pot Roast             |   |  |
| • | Brownies or                 | tomorrow.  |                                 |   | for tomorrow.                   |   |  |
|   | Cookies                     |  |                                 |   | Pull Hamburger                  | (Special Dieta on   | (0 : 15:   |
|   | (Special Diets on           | (Special Diets on                                  | (Special Diets on               | (Special Diets on   | Logs for day 7                  | (Special Diets on   | (Special Diets on                                    |
| f | ront line warmer)           | front line warmer)                                 | front line warmer)              | front line warmer)  | Prep Egg Bake                   | front line warmer)  | front line warmer)                                   |