

MONDAY**Breakfast**

Strawberry Cheese
Blintzes

Lunch

Classic Turkey Club
Wrap in Spinach
Tortilla

Snack

Root Vegetable
Chips and Dip

Dinner

Asian Pepper Steak
with Snow Peas
over Brown Rice
Noodles

Dessert Snack

Fresh Fruit and
Granola with Honey
Poppy Seed Yogurt

TUESDAY**Breakfast**

Italian Frittata with
Mozzarella, Black
Olives, Mushrooms
and Marinara Sauce

Lunch

Belgium Endive and
Arugula Salad with
Blue Cheese,
Toasted Almonds
and Walnut Oil Vin-
aigrette

Greek Lemon Rice
Soup

Multigrain Whole
Wheat Roll

Snack

Baked Tortilla
Chips with Salsa
Fresca

Dinner

Tomato Glazed Tur-
key Meatloaf with
Natural Gravy,
Roasted Garlic
Mashed Potatoes
and Green Beans
Almandine

Dessert Snack

Baked Apple with
Cinnamon

WEDNESDAY**Breakfast**

Whole Wheat Crust
Breakfast Pizza with
Scrambled Eggs,
Mushrooms, Pep-
pers, Onions and
Lean Ham

Lunch

Smoked Chicken,
Grape and Almond
Salad in Whole
Wheat Pita

Snack

Vegetable Crudités
and Dip

Dinner

Pork, Green Chili
and Black Bean
Stew with Pico de
Gallo, Mexican
Corn and Chopped
Salad with Chili
Vinaigrette

Dessert Snack

Grilled Pineapple

THURSDAY**Breakfast**

Broiled Grapefruit
with Honey and
Multigrain Banana
Nut Muffin

Lunch

Chicken and Shrimp
Jambalaya with
Brown Rice

Snack

French Brie and
Granny Smith Apple

Dinner

Tilapia Vera Cruz

Spinach, Avocado
and Orange Salad
with Balsamic Vin-
aigrette

Whole Wheat Roll

Dessert Snack

Dark Chocolate
Dipped Bananas
with Coconut

FRIDAY**Breakfast**

Lean Ham and
Cheddar Omelet
with Herb Roasted
Red Skin Potatoes

Lunch

Hummus and Veg-
gie Wrap in Whole
Wheat Tortilla

Snack

California Vegeta-
ble Sushi Rolls

Dinner

Swiss Steak Jardi-
nière with Whole
Wheat Egg Noodles
and English Peas

Dessert Snack

Peach Melba

SATURDAY**Breakfast**

Toasted Whole
Wheat Bagel with
Cream Cheese,
Grilled Vegetables,
Baby Greens and
Tomato

Lunch

Light Sweet and
Sour Pork over Jas-
mine Rice

Snack

Mango Slices

Dinner

Shrimp and Vegeta-
ble Brochette Teri-
yaki over Buck-
wheat Soba Noodles

Dessert Snack

Key Lime Tart

SUNDAY**Breakfast**

Multigrain Waffle
with Spiced Fruit
Compote

Lunch

Tomato, Basil and
Fresh Mozzarella
Wrap with Pesto
Vinaigrette in To-
mato Tortilla

Snack

Dark Chocolate
Peanut Clusters

Dinner

Blackened Shrimp
with Grilled Vegeta-
bles and Dirty
Brown Rice

Dessert Snack

Dark Chocolate
Dipped Strawberries

