

Week 4

March II - March 15



Breakfast

Breakfast Sandwiches and Wraps

Cinnamon Rolls (Tuesday)

Breakfast Bake (Wednesday)

Biscuits & Gravy (Thursday)

Quiche (Friday)

Sandwich

Hummus Veggie Wrap

Hummus, Carrot, Cucumber, Bell Pepper, Tomato, and Lettuce

Pesto Turkey Wrap

Smoked Turkey, Lettuce, Tomato, Swiss, Pesto, and Ranch Dressing

Hummus Plate

Hummus, Vegetables, Fruit, and Pretzels

Panini

Reuban

Corned Beef, Sauerkraut, and Swiss on Rye Bread

Ham & Cheese

Sliced Ham and Cheddar Cheese

Pesto Turkey

Smoked Turkey, Havarti, and Basil Pesto

Lucille Veggie Wrap

Roasted Veggies Red Onion, Bell Pepper, Yellow Squash, Zucchini, Tomato, Provolone, and Basil Pesto

Entree

Monday

Chicken Strips, Steak Fries

Tuesday

Chicken Fried Steak, White Pepper Sauce, Mashed Potatoes, and Broccoli

Wednesday

Sweet Kale & Chicken Salad - Blacken Chicken, Chopped Kale, Romaine, Black Beans, Crumbled Feta with a Honey Jalapeno Dressing

Thursday

Macaroni & Cheese, Dinner Roll or Vegetable

Friday

Chicken Curry, Steamed Rice

Soup

Monday

Mexican Chicken and Black Bean

Tuesday

Tomato Basil w/Croutons or Spicy Thai Chicken

Wednesday

Taco Soup or Chicken Noodle

Thursday

Baked Potato Soup or Chicken Sausage Gumbo

Friday

Vegetable Soup or New England Clam Chowder

Pizza

Pesto Veggie

Basil Pesto, Black Olives, Bell Pepper, Sundried

Tomato, Asiago, and Mozzarella

CBR (Chicken Bacon Ranch)

Ranch Dressing, Bacon, Grilled Chicken, Green

Onion, Fresh Tomato, Asiago, and Mozzarella

Pesto Chicken

Basil Pesto, Grilled Chicken, Black Olives, Sundried Tomato, Asiago, and Mozzarella

The Usual Suspects

Cheese, Pepperoni, or Hawaiian Pizza,

Meat Lovers and Supreme

Calzone

Italian

Marinara, Ham, Pepperoni, Italian Sausage, and Mozzarella

Philly

Garlic Oil, Roast Beef, Mushroom, Red Onion, Bell Pepper, and Cheddar

Pesto Chicken

Basil Pesto, Grilled Chicken, Black Olive, Zucchini,

Asiago, and Mozzarella

Spicy Hawaiian

Marinara, Ham, Pineapple, Chili Flakes, Mozzarella and Cheddar Cheese