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55 Dobbin street Brooklyn N.Y. 11222

	BREAKFAST	LUNCH	SNACK	DINNER	SNACK
Monday Cycle 15	Whole Wheat Belgian Waffles w/ Ricotta Cheese & Raisins	Grilled Chicken Platter w/ Mixed Peppers and Country Baked Potato Salad	Healthy Turkey Lettuce Leaf Sandwich with Tomato and Multi Color Peppers	Chicken Tuscany w/ White Wine Cream Sauce, Sautéed String Green Beans & Grapes	Peppermint Mousse
Tuesday Cycle 16	Breakfast a la Carte (Sliced Whole Wheat Bread, Munster Cheese, Baby Gouda Cheese, Pepper Jack Cheese and Half Omelette w/ Grapes)	Mixed Greens Salad (Endive, Romaine, Rodechio, Carrots, Cucumbers, Tomatoe and Mixed Peppers)	Sweet and Zesty Chicken Drumettes w/ Celery	Turkey Chili	Mixed Fruit Cup
Wednesday Cycle 17	Oatmeal w/ Dried Fruit	Mediterranean Salad	Vegetable crudités w/ Hummus	Chicken Marsala w/ Baby Carrots & Balsamic Vegetables	Dried Fruit and Nut Mixd Fruit
Thursday Cycle 18	Spinach egg white quish with Grapefruit slices	Quinwa, Zucchini and Chickpea Patty atop Lettuce	Tokyo Slaw w/ Mango Slices	Teriyaki Salmon W/ Mixed Vegetables & Roasted Potatoes	Diced Melon Mousse w/ Toasted Almonds
Friday Cycle 19	Fruit and Yogurt Cup	Vegetable Soup	Egg cups with hummis	Beef Steak Tips w/ Baked Yam & Zucchini Coins	Chocolate Mousse Brownie
Saturday Cycle 20	Multi Grain Flat Bread Crackers w/ Lox, Cream Cheese and Half of Orange	Turkey Pastrami Deli Wrap	Garden Salad	Flounder & Salmon Paupiette w/ Mashed Potato, Sugar Snap Peas and Spinach Cream	Mini Cupcakes
Sunday Cycle 21	Craberry Muffin	Chickpea Avocado Wrap	Salmon Wellington w/ Spinach	Half of Orange Glazed Cornish Hen w/ Toasted Barley	Dried Fruit and Nut Mix

**\*Below Substitutions available by request 4 Buisness days prior to delivery**

	BREAKFAST	LUNCH	SNACK	DINNER	SNACK 2
Option A	Muiffin	Grilled Chicken Salad	Tuna on Celery and cucumber slices	Teriyaki Salmon W/ Mixed Vegetables & Roasted Potatoes	Dried Fruit and Nut Mixd Fruit
Option B	Yogurt W/ Granola	Turkey Wrap	Crudités with Hummus	Chicken Marsala W/ Baby Carrots & Balsamic Vegetables	Fruit Cup
Option C	Oatmeal with Dried Fruit	Garden Salad	Snack Graden Salad	Brisket Gravy W/ Gravy, Honey Carrots & Roasted Potatoes	Pear W/ Cottage Cheese
Option D	2 Boiled eggs w/ cottage cheese	Grilled chicken wrap	Mixed grilled Vegetables	Grilled Chicken w/ mixed Veggies	Cheesecake