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58-60 Dobbin street Brooklyn n.y. 11222

	BREAKFAST	LUNCH	SNACK	DINNER	SNACK 2
Monday Cycle 29	CHEESE BLINTZ W/ FRUIT CUP	THAI PEPPER BEEF WRAP W/PICKLED VEGGIES	CRUDITES WITH HUMMIS	TACO SALAD (GROUND TURKEY, DICED AVACADO, CORN, PEPPERS AND LETTUCE)	Bran Muffin
Tuesday Cycle 30	CRANBERRY MUFFIN W/ APRICOT JAM	TURKEY WRAP WITH PICKLED VEGGIES	TOKYO SLAW	Grilled Chicken w/Mixed Vegetabl	Fruit Cup (Orange ,Grapefruit and Grapes)
Wednesday Cycle 31	POTATO CHEDDAR OMELET	JAPANESE EGGPLAN WRAP W/CHICKPEAS SALAD	Classic Chicken Caesar	TILAPIA WITH BROWN RICE AND ZUCCHINI	HALF GRAPEFRUIT AND ORANGE
Thursday Cycle 32	OATMEAL WITH DRIED FRUIT (NO SUGAR ADDED)	VEGGIE BURGER W/OVEN ROASTED SWEET POTATO	3 Cheeses on Cucumber rounds	SALMON CAESER SALAD	Poached Pear
Friday Cycle 33	TOMATO QUICHE W/ ORANGE SLICES	TUNA FISH and BEETS SALAD	ZUCCHINI W/ FETA CHEESE AND GRAPES	CHICKEN MARSALA	Cookie
Saturday Cycle 34	2 BOILED EGGS W/ COTTAGE CHEESE AND ORANGE	Open Faced ROAST Beef Sandwich with Coleslaw and Pickles	Multigrain Flat Bread Cracker w/ Salmon Salad	GRILLED CHICKEN W/SWEET POTATO AND GRILLED VEGGIES	Black Bean Brownie
Sunday Cycle 35	PLAIN YOGURT W/GRANOLA	Baked Fish Bites Salad and Creamy Dill Dressing	Potato Salad	VEAL POT ROAST A TOP OF BROWN RICE AND SWEET PEAS	Fruit Cup

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

	BREAKFAST	LUNCH	SNACK 1	DINNER	SNACK 2
Option A	Blueberry Muiffin	Grilled Chicken Salad	Tuna on Celery and Cucumbers slices	Teriyaki Salmon W/ Mixed Vegetables & Roasted Potatoes	Cheese Cake
Option B	Plain Yogurt W/ Granola	Turkey Wrap	Crudités with Hummis	Chicken Marsala W/ Baby Carrots & Balsamic Vegetables	Dried Fruit and Nut Mix
Option C	Oatmeal	Garden Salad	Snack Garden Salad	Brisket Gravy W/Gravy, Honey Carrots & Roasted Potatoes	Fruit Cup
Option D	2 Boiled Eggs w/ Cottage Cheese and Orange	Grilled Chicken Wrap	Mixed Grilled Vegetables	Grilled Chicken w/Mixed Vegetables	Pear with Cottage Cheese