

	BREAKFAST	LUNCH	SNACK 1	DINNER	SNACK 2
MONDAY Cycle 1	Egg White Omelette w/ Tri-Color Peppers and Mushrooms	Tuna Triangle Sandwich	Garden Salad	Seared Salmon on Top of Brown Rice w/ Baby Cabbage	Fruit Cup
TUESDAY Cycle 2	Cottage Cheese with Fruit Cup	Mixed Grill Salad With Beef, Chicken, Turkey Dill Dressing	Dried Fruit and Nut mix	Chicken Principessa with Black Olives & Vegetable Orzo	Muffin (chefs choice)
WEDNESDAY Cycle 3	Oatmeal w/Dried Fruit	Turkey wrap/ Coleslaw and pickles	Classic Chicken Caesar	Beef Sauerbraten With Roasted Root Vegetables & Toasted Barley	Rugelach w/ Soy Protein and Fruit Compote
THURSDAY Cycle 4	Plain (low fat) Yogurt W/ Granola	Farro, Cucumber, Tomato, Feta cheese and olives Salad	3 Slices Cheese on Cucumber Rounds	Bunless Burger w/ Oven Roasted Sweet Potato Fries, Sautéed Onions Grilled Vegetables	Poached Pear
FRIDAY Cycle 5	Tomato Quiche w/ Roasted Red Bliss Potatoes	Classic Italian Salad	Crudites with Hummus	Braised Brisket in Gravy w/ Garlic Mashed Potatoes & Roasted Vegetables.	Cookie
SATURDAY Cycle 6	Muffin (chefs choice)	Baked Fish Bites Salad and Creamy Dill Dressing	Multigrain Flat Bread Crackers with Salmon Salad	Ziti with Turkey Bolognese	Black Bean Brownie
SUNDAY Cycle 7	Cheese Blintz With a Side of Fruit Cup	Baked Tilapia W/ Chili Crumbs, Roasted Veggies, Multy color Peppers and Baby Carrots	Potato Salad	Grilled reserved cut and Cowboy onions w/Roasted Bliss Potato	Dried Fruit and Nut Mix

*Below Substitutions available by request if done **4 Business** days prior to delivery

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