

	BREAKFAST	LUNCH	SNACK 1	DINNER	SNACK 2
Monday Cycle 8	Omelet Pin-Wheels Salad	Tuna Fish Triangle on Multi Grain Bread	Crudités with Hummus	Roasted Eggplant & Grilled Chicken with Garlic Rissole Red Potatoes	Rugelach
Tuesday Cycle 9	Granola with Vanilla Yogurt	Grilled Chicken Salad atop Mixed Greens and Mandarin Oranges	Tuna Salad a top Celery Sticks	Sesame Crusted Teriyaki Salmon W/ Pineapple & Steamed Rice w Vegetable Oriental	Dried Fruit with Nuts Mix
Wednesday Cycle 10	Peanut Butter & Banana French Toast w/ Ricotta Cheese	Romaine Caesar Salad	Israeli couscouse Vegetable Medley	Sweet and Sour Asain Stir Fry with Tofu	Pineapple and Orange slices
Thursday Cycle 11	Egg Benedict and Smoked Salmon w/ Side Fruit	Turkey wrap	Diced Chicken and Guacamole w/ Pita Chip	Chicken Marsala W/ Baby Carrots & Balsamic Vegetables	Macaroons
Friday Cycle 12	Scrambled Egg Whites w/ Home Fries, Sautéed Pepper and Onions.	Grilled Salmon with Mixed Veggies	Garden Salad	Stuffed Capon w/ Rice and Tzimis	Fruit Cup
Saturday Cycle 13	Cottage Cheese w/Fruit	Grilled Chicken Salad	Tomato Stuffed Egg Salad	Almond Crusted Tilapia over Brown Rice and baby carrots	Dried Fruit with Nuts
Sunday Cycle 14	2 Boiled eggs w/Cottage cheese	Honey Mustard Chicken Wrap	Zucchini Bread with Apple compote	Teriyaki Salmon W/ Mixed Vegetables & Roasted Potatoes	Pear with Cottage Cheese

*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 rounds	Teriyaki Salmon W/ Mixed Vegetables & Roasted Potatoes	Fruit Cup
Option B	Vanilla Yogurt W/ Granola	Turkey Wrap	Crudités with Hummis	Chicken Marsala W/ Baby Carrots & Balsamic Vegetables	Dried Fruit with Nuts
Option C	Pancakes	Garden Salad	Snack Garden Salad	Brisket Gravy W/Gravy, Honey Carrots & Roasted Potatoes	Cheese Cake
Option D	2 Boiled eggs w/Cottage cheese	Grilled Chicken wrap	Mixed Grilled Vegetables	Grilled Chicken w/ Vegetables	Pear with Cottage Cheese