

	BREAKFAST	LUNCH	SNACK 1	DINNER	SNACK
Monday Cycle 22	Mushroom Quiche topped with Crusted Cauliflower, Poached Cherry Tomatoes and a Whole Wheat Biscuit	Quinoa and Avocado Arugula Salad	Cucumber Baskets with Tuna	Veal Meatballs atop Boiled Celery and Albi Potato	Mix Fruit Cup
Tuesday Cycle 23	Maple Walnut Yogurt	Chicken Pesto Wrap	Vegetable Wontons	Pistachio Crusted Salmon with Rice and Vegetables	Brownie
Wednesday Cycle 24	Red Beet Pancakes with Cottage Cheese	Chefs Cheese Grilled Wrap with Avocado and Israeli Salad	Power Granola Bar (Cranberry)	Fruit Caramelized Chicken with Sweet Potato Stuffed with Diced Vegetable	Dried Fruit and Nut Mix
Thursday Cycle 25	Sweet Potato and Walnut Parfait	Spinach salad with Mushrooms, Zucchini, Kidney Beans and Chickpeas	Whole Wheat Baguette topped with Creamy Fava Beans	Oven Roasted Turkey wrapped over Sautéed Vegetables and Quinoa with Carrots	Lemon Oatmeal Cream Pie
Friday Cycle 26	Poached Peach with Cottage Cheese topped with Raisins and Almonds	Tuna Fish Wrap	Broccoli Salad	Mediterranean Lemon Chicken with Saffron Rice and Beet Salad	Date Nut Mix with Romaine leaves
Saturday Cycle 27	Vanilla Yogurt W/ Granola	Mediterranean Falafel Salad	Cheese Bourekas	Salmon Steak with Kasha and Broccoli	Mix Fruit Cup
Sunday Cycle 28	Peanut Butter Oatmeal	Honey glazed Chicken Salad with Steamed Carrot & Balsamic Dressing	Corn Bean Salad	Stuffed Shells with Beef Marinara & Spinach	Soy Malabi with Pistachios

*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	Fruit Cup
Option B	Plain Yogurt W/ Granola	Turkey Wrap	Crudités with Hummus	Chicken Marsala W/ Baby Carrots & Balsamic Vegetables	Dried Fruits and Nut Mix
Option C	Pancakes	Garden Salad	Snack Garden Salad	Brisket W/Gravy, Honey Carrots & Roasted Potatoes	Cheese Cake
Option D	2 Boiled Eggs w/Cottage Cheese and Orange	Grilled Chicken Wrap	Mixed Grilled Vegetables	Grilled Chicken w/Mixed Vegetables	Pear w/Cottage Cheese