

	BREAKFAST	LUNCH	SNACK 1	DINNER	SNACK 2
Monday Cycle 29	Cheese Blintz with Fruit Cup	Thai Pepper Beef Wrap w/Pickled Veggies	Crudites with Hummus	Taco Salad (Ground Turkey, Avocado, 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 Vegetables	Fruit Cup (Orange, Grapefruit and Grapes)
Wednesday Cycle 31	Potato Cheddar Omelet	Japanese Eggplant 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 Slices Cheese on Cucumber rounds	Salmon Ceaser 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 with Granola	Baked Fish Bites Salad and Creamy Dill Dressing	Potato Salad	Veal pot Roast atop of Brown Rice and Sweet Peas	Fruit Cup

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

	BREAKFAST	LUNCH	SNACK 1	DINNER	SNACK 2
Option A	Blueberry Muffin	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 Hummus	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