



Delivering Nourishment.
Improving Health.

SAMPLE WEEKLY MENU

STANDARD MENU- WEEK 1

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	WESTERN OMELET POTATO WEDGES APPLESAUCE	CHEERIOS CEREAL WITH 1% MILK FRUIT CUP	EGG SANDWICH ON ENGLISH MUFFIN CHICKEN SAUSAGE FRUIT CUP	WHOLE GRAIN PANCAKES CHICKEN SAUSAGE APPLESAUCE	BREAKFAST WRAP POTATO WEDGES SPICED APPLES	OATMEAL YOGURT FRUIT CUP	FRENCH TOAST STICKS CHICKEN SAUSAGE APPLESAUCE
LUNCH	MUSHROOM BARLEY SOUP ROLL ORANGE	BEEFY MAC & CHEESE GREEN BEANS APPLESAUCE	CHICKEN NOODLE SOUP ROLL PEAR	TEMPEH SLOPPY JOES PASTA SALAD	MUSHROOM BARLEY SOUP ROLL ORANGE	GRILLED CHICKEN SANDWICH PASTA SALAD APPLE	CHICKEN NOODLE SOUP ROLL FRUIT CUP
DINNER	VEGETARIAN STUFFED PEPPERS DINNER ROLL SAUTEED ZUCCHINI	CHICKEN PICCATA WHOLE WHEAT PASTA BROCCOLI	PENNE & MEATBALLS GREEN BEANS	CHICKEN & DUMPLINGS BABY CARROTS SAUTEED PEAS	VEGETABLE LASAGNA STEWED TOMATOES BABY CARROTS	STUFFED FLOUNDER WITH LOBSTER SAUCE WHITE RICE CALIFORNIA VEGETABLE BLEND	SWEET & SOUR PORK WHITE RICE BROCCOLI
DESSERT	PEAR CAKE	PEAR CAKE	PEAR CAKE	PEAR CAKE	PEAR CAKE	PEAR CAKE	PEAR CAKE
SNACKS	UNCRUSTABLES SANDWICH MIGHTY SHAKE	UNCRUSTABLES SANDWICH MIGHTY SHAKE	UNCRUSTABLES SANDWICH MIGHTY SHAKE	UNCRUSTABLES SANDWICH MIGHTY SHAKE	UNCRUSTABLES SANDWICH MIGHTY SHAKE	UNCRUSTABLES SANDWICH MIGHTY SHAKE	UNCRUSTABLES SANDWICH MIGHTY SHAKE