

WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug
	BRUNCH	LUNCH					
SOUP W/ ROLL	Wild Mushroom and Rice	Ginger Carrot	Cold Berry Soup	Apple Sweet Potato	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Tomato & Spinach Frittata	Black Bean Burger	Shrimp Po Boy (Sub)	Mozzarella, Roasted Red Pepper & Spinach Melt	Basil Pesto Tortellini w/ Sundried Tomato	Crab Cake	Chicken Quesadilla
ENTRÉE 2	Roasted Turkey	Philly Cheesesteak	Cobb Salad (Bacon & Chicken)	Turkey Club Wrap	Reuben Sandwich	Bratwurst w/ Sauerkraut	Beef & Broccoli Stir Fry
STARCH	Hash Brown	Onion Rings	Potato Salad	Macaroni Salad	Steak Fries	Garlic Mashed Potatoes	Cilantro Rice
VEGGIE	Maple Glazed Brussel Sprouts	Zucchini & Squash	Green Beans	Avocado Tomato Salad	Broccoli	Coleslaw	Corn Salad w Lime & Cilantro
DESSERT	Scones, Strawberry Shortcake	Chocolate Oreo Pie	Dutch Apple Pie	Yogurt Parfait	Sweet Potato Pie	Chocolate Flourless Torte	Lemon Meringue Pie
DINNER							
SOUP W/ROLL	Wild Mushroom and Rice	Ginger Carrot	Cold Berry Soup	Apple Sweet Potato	Red Pepper Bisque	Split Pea	Cream of Tomato
ENTRÉE 1	Stuffed Pepper	Pork Tenderloin w/ Apple Compote	Lamb Roast w/ Mint Yogurt Sauce	Mahi Mahi w/ Mango Salsa	BBQ Ribs	Fried Catfish	Linguini w/ Clam Sauce
ENTRÉE 2	Chicken tenders	Baked Haddock	Eggplant Lasagna	Seasoned Chicken	Veggie Burger	Turkey Tangine	Sausage Parm
STARCH	Au Gratin Potatoes	Risotto	Roasted Potatoes	Rice	Pasta Salad	Couscous	Bruschetta
VEGGIE	Peas	Rainbow Carrots	Roasted Root Vegetables	Plantain	Corn on Cob	Mixed Veggies	Asparagus
DESSERT	Scones, Strawberry Shortcake	Chocolate Oreo Pie	Dutch Apple Pie	Yogurt Parfait	Sweet Potato Pie	Chocolate Flourless Torte	Lemon Meringue Pie