

Breakfast Week 4

Breakfast Deluxe - \$40 for 5 Meals

Includes Pre-Packaged Granola Bar

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Yogurt Parfait	Egg Bites	Breakfast Croissant	Breakfast Burrito	--	--	Breakfast Bowl
Hard Boiled Eggs	Muffin	Fruit Salad	Coffee Cake	--	--	Chocolate Croissant

Breakfast Premier - \$45 for 7 Meals

Includes Pre-Packaged Granola Bar

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Yogurt Parfait	Egg Bites	Breakfast Croissant	Breakfast Burrito	Egg Bites	French Toast	Breakfast Bowl
Hard Boiled Eggs	Muffin	Fruit Salad	Coffee Cake	Fruit Salad	Hard Boiled Eggs	Chocolate Croissant

Lunches Week 4

Lunch Deluxe - \$45 for 5 Meals

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Turkey Sandwich	Cobb Salad	BBQ Chicken Wrap	Chicken Tortellini Salad	--	--	Turkey Wrap
Pasta Salad	Dinner Roll	Black Bean Salad	Garlic Focaccia	--	--	Potato Salad

Lunch Deluxe Vegetarian - \$45 for 5 Meals

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Veggie Sandwich	Veg Cobb Salad	BBQ Tofu Wrap	Tortellini Salad	--	--	Veggie Wrap
Pasta Salad	Dinner Roll	Black Bean Salad	Garlic Focaccia	--	--	Potato Salad

Lunch Premier - \$50 for 7 Meals

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Turkey Sandwich	Cobb Salad	BBQ Chicken Wrap	Chicken Tortellini Salad	Ham Sandwich	Fajita Wrap	Turkey Wrap
Pasta Salad	Dinner Roll	Black Bean Salad	Garlic Focaccia	Couscous Salad	Chips + Salsa	Potato Salad

Lunch Premier Vegetarian - \$50 for 7 Meals

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Veggie Sandwich	Veg Cobb Salad	BBQ Tofu Wrap	Tortellini Salad	Grilled Veg Sandwich	Eggplant Fajita Wrap	Veggie Wrap
Pasta Salad	Dinner Roll	Black Bean Salad	Garlic Focaccia	Couscous Salad	Chips + Salsa	Potato Salad

Dinners Week 4

Dinner Deluxe - \$55 for 5 Meals

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Chicken Mexi Bowl	Chicken Skewers	Salisbury Steak	Cod w/ Dill Salsa	--	--	Chicken
Rice + Beans	Rice Pilaf	Egg Noodles	Rice Pilaf	--	--	Bowties
Corn Salsa	Hummus	Broccoli	Glazed Carrots	--	--	Broccoli
Cheese Quesadilla	Pita Bread	Dinner Roll	Dinner Roll	--	--	Garlic Focaccia

Dinner Deluxe Vegetarian - \$55 for 5 Meals

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Veggie Mexi Bowl	Veg Grilled Skewers	Portobello w/ Gravy	Grilled Portobello	--	--	Portobello
Rice + Beans	Rice Pilaf	Egg Noodles	Rice Pilaf	--	--	Bowties
Corn Salsa	Hummus	Broccoli	Glazed Carrots	--	--	Broccoli
Cheese Quesadilla	Pita Bread	Dinner Roll	Dinner Roll	--	--	Garlic Focaccia

Dinner Premier - \$65 for 7 Meals

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Chicken Mexi Bowl	Chicken Skewers	Salisbury Steak	Cod w/ Dill Salsa	Thai Pork Noodles	Chicken Piccata	Chicken
Rice + Beans	Rice Pilaf	Egg Noodles	Rice Pilaf	Rice Noodles	Mashed Potatoes	Bowties
Corn Salsa	Hummus	Broccoli	Glazed Carrots	Asian Vegetables	Vegetable Medley	Broccoli
Cheese Quesadilla	Pita Bread	Dinner Roll	Dinner Roll	Veggie Egg Roll S+S	Croissant	Garlic Focaccia

Dinner Premier Vegetarian - \$ 65 for 7 Meals

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Veggie Mexi Bowl	Veg Grilled Skewers	Portobello w/ Gravy	Grilled Portobello	Thai Veggie Noodles	Stuffed Squash	Portobello
Rice + Beans	Rice Pilaf	Egg Noodles	Rice Pilaf	Rice Noodles	Mashed Potatoes	Bowties
Corn Salsa	Hummus	Broccoli	Glazed Carrots	Asian Vegetables	Vegetable Medley	Broccoli
Cheese Quesadilla	Pita Bread	Dinner Roll	Dinner Roll	Veggie Egg Roll S+S	Croissant	Garlic Focaccia

Dinner Premier Plus - \$75 for 7 Meals

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Steak Mexi Bowl	Shrimp Skewers	Filet w/ Gravy	Salmon w/ Dill Salsa	Thai Shrimp Noodles	Short Ribs	Sausage
Rice + Beans	Rice Pilaf	Egg Noodles	Rice Pilaf	Rice Noodles	Mashed Potatoes	Bowties
Corn Salsa	Hummus	Broccoli	Glazed Carrots	Asian Vegetables	Vegetable Medley	Broccoli
Cheese Quesadilla	Pita Bread	Dinner Roll	Dinner Roll	Veggie Egg Roll S+S	Croissant	Garlic Focaccia