

Week 1 Dinner Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beef Noodle Casserole	Pulled BBQ Pork	Rosemary and Garlic Roasted Beef	Country Fried Steak Country Gravy	Mongolian Beef	Baked Ham	Beef Tips
Roasted Vegetables	Yellow Rice	Roasted Potatoes	White Rice	Vegetable Lo Mein Stir-Fry	Mashed Sweet Potatoes with Marshmallows	Egg Noodles
White rice	Roasted Carrots	Garlic Green Beans	Sauteed Broccolini	Asian Vegetables	Honey Roasted Brussel Sprouts	Steamed Peas
Brussel Sprouts	Corn Casserole	Braised Leeks	Sauteed Swiss Chard	Broccoli	Roasted Bell Peppers	Steamed Corn
Quinoa Primavera	Zucchini Boats	Roasted red pepper tofu	Vegan Stuffed Pepper			Roasted Portobello Slider
Cheese Pizza	Pasta	Cheese Pizza	Pasta	Cheese Pizza		
Pepperoni Pizza	Marinara	Pepperoni Pizza	Marinara	Pepperoni Pizza		
Meatball Stromboli	Alfredo	Margherita Pizza	Alfredo	Ham & Cheese Calzone		
	Breadstick		Breadstick			
Beef and Three Cheese Pasta Bake		Vodka Pasta Bake				
Garden Burger	Grilled Cheese	Black Bean Burger	Cheese Quesadilla	Alpine Vegetable burger	Black Bean Burger	Grilled Cheese
Cheese Burger	Nashville Hot Chicken Sandwich	Chicken Nuggets	Blackened Chicken Sandwich	Chipotle Patty Melt	Chicken Tenders	Hot Sausage and Peppers
Fries	Fries	Fries	Fries	Fries	Fries	Fries
Cucumber Thai Salad	Black Bean & Corn Salad	Red Potato Salad	Creamy Coleslaw	Chef's Choice	Fresh Fruit & Yogurt Bar	Fresh Fruit & Yogurt Bar
Vegetable Soup	Tomato Basil Soup	Cream Of Broccoli	Baked Potato Soup	Lobster Bisque	Chef's Choice	Chef's Choice

* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.