



## SIGNATURE MENU

WEEK 1

### SUNDAY

#### BREAKFAST

##### Mushroom Omelet

**Protein:** Eggs  
**Starch:** Potatoes  
**Vegetable:** Mushroom



#### LUNCH

##### Fish Fillet

**Protein:** Fish  
**Starch:** Rice  
**Vegetable:** Lima Beans



#### DINNER

##### Beans & Franks

**Protein:** Franks  
**Starch:** Potatoes  
**Vegetable:** Beans



### MONDAY

#### BREAKFAST

##### Spanish Omelet

**Protein:** Eggs  
**Starch:** Potatoes  
**Vegetable:** Spanish Mix Vegetables



#### LUNCH

##### Chicken Nuggets

**Protein:** Chicken  
**Starch:** Brown Rice  
**Vegetable:** Corn



#### DINNER

##### Meatloaf

**Protein:** Meatloaf  
**Starch:** Mashed Potatoes  
**Vegetable:** Peas & Carrots



### TUESDAY

#### BREAKFAST

##### Cheese Omelet

**Protein:** Eggs & Cheese  
**Starch:** Potatoes  
**Vegetable:** Sautéed Vegetables



#### LUNCH

##### Chicken Cutlet

**Protein:** Chicken  
**Starch:** Brown Rice  
**Vegetable:** Mixed Vegetables



#### DINNER

##### Pot Roast

**Protein:** Pot Roast  
**Starch:** Mashed Potatoes  
**Vegetable:** Green Beans



### WEDNESDAY

#### BREAKFAST

##### Mushroom Omelet

**Protein:** Eggs  
**Starch:** Potatoes  
**Vegetable:** Mushroom



#### LUNCH

##### Meatballs

**Protein:** Meatballs  
**Starch:** Brown Rice  
**Vegetable:** Mixed Vegetables



#### DINNER

##### Boneless Chicken Breast

**Protein:** Chicken  
**Starch:** Yellow Rice  
**Vegetable:** Carrots



### THURSDAY

#### BREAKFAST

##### Spanish Omelet

**Protein:** Eggs  
**Starch:** Potatoes  
**Vegetable:** Spanish Mix Vegetables



#### LUNCH

##### Veg Chicken Cutlet

**Protein:** Soy Protein Cutlet  
**Starch:** Spaghetti  
**Vegetable:** Peas & Mushroom Gravy



#### DINNER

##### Chicken Wings

**Protein:** Chicken  
**Starch:** Mashed Potatoes  
**Vegetable:** Mixed Vegetables



### FRIDAY

#### BREAKFAST

##### Cheese Omelet

**Protein:** Eggs & Cheese  
**Starch:** Potatoes  
**Vegetable:** Sautéed Vegetables



#### LUNCH

##### Fillet of Sole

**Protein:** Fish  
**Starch:** Pasta  
**Vegetable:** Green Beans



#### DINNER

##### Roasted Turkey Breast

**Protein:** Turkey  
**Starch:** Sweet Potato  
**Vegetable:** String Beans



### SATURDAY

#### BREAKFAST

##### Mushroom Omelet

**Protein:** Eggs  
**Starch:** Potatoes  
**Vegetable:** Mushroom



#### LUNCH

##### Bologna

**Protein:** Bologna  
**Starch:** Pasta  
**Vegetable:** Bean Salad



#### DINNER

##### Chicken Cacciatore

**Protein:** Chicken  
**Starch:** Pasta  
**Vegetable:** Peas



Fresh meals,  
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SIGNATURE MENU

WEEK 2

SUNDAY

BREAKFAST

Spanish Omelet

**Protein:** Eggs  
**Starch:** Potatoes  
**Vegetable:** Spanish Mix Vegetables



LUNCH

Baked Ziti

**Protein:** Cheese  
**Starch:** Ziti Pasta  
**Vegetable:** Green Beans



DINNER

Veg Moroccan Chicken

**Protein:** Soy Protein Chicken  
**Starch:** Couscous  
**Vegetable:** —

MONDAY

BREAKFAST

Cheese Omelet

**Protein:** Eggs & Cheese  
**Starch:** Potatoes  
**Vegetable:** Sautéed Vegetables



LUNCH

Veg Chili

**Protein:** Soy Protein Beef  
**Starch:** Rice  
**Vegetable:** Mixed Vegetables



DINNER

Chicken Patty

**Protein:** Breaded Chicken Patty  
**Starch:** Mashed Potatoes  
**Vegetable:** Mixed Vegetables



TUESDAY

BREAKFAST

Mushroom Omelet

**Protein:** Eggs  
**Starch:** Potatoes  
**Vegetable:** Mushroom



LUNCH

Cheese Manicotti

**Protein:** Cheese  
**Starch:** Manicotti Pasta  
**Vegetable:** Green Beans



DINNER

Salisbury Steak

**Protein:** Salisbury Steak  
**Starch:** Mashed Potatoes  
**Vegetable:** Carrots



WEDNESDAY

BREAKFAST

Spanish Omelet

**Protein:** Eggs  
**Starch:** Potatoes  
**Vegetable:** Spanish Mix Vegetables



LUNCH

Veg Lasagna

**Protein:** Soy Protein  
**Starch:** Coating  
**Vegetable:** Green Beans & Mushrooms



DINNER

Broiled Salmon

**Protein:** Salmon  
**Starch:** Rice  
**Vegetable:** Carrots



THURSDAY

BREAKFAST

Cheese Omelet

**Protein:** Eggs & Cheese  
**Starch:** Potatoes  
**Vegetable:** Sautéed Vegetables



LUNCH

Stuffed Shell Pasta

**Protein:** Cheese  
**Starch:** Shell Pasta  
**Vegetable:** Peas



DINNER

Chicken Chow Mein

**Protein:** Chicken  
**Starch:** Rice  
**Vegetable:** Peas & Carrots



FRIDAY

BREAKFAST

Mushroom Omelet

**Protein:** Eggs  
**Starch:** Potatoes  
**Vegetable:** Mushroom



LUNCH

Veg Meatballs

**Protein:** Soy Meatballs  
**Starch:** Spaghetti Pasta  
**Vegetable:** Green Beans



DINNER

Beef Goulash

**Protein:** Beef  
**Starch:** Mashed Potatoes  
**Vegetable:** Mixed Vegetables



SATURDAY

BREAKFAST

Spanish Omelet

**Protein:** Eggs  
**Starch:** Potatoes  
**Vegetable:** Spanish Mix Vegetables



LUNCH

Veg Stuffed Cabbage

**Protein:** Soy Protein  
**Starch:** Potatoes  
**Vegetable:** Mixed Vegetables



DINNER

Hawaiian Meatballs

**Protein:** Beef  
**Starch:** Rice  
**Vegetable:** Green Beans



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## SIGNATURE MENU

WEEK 3

### SUNDAY

#### BREAKFAST

##### Cheese Omelet

**Protein:** Eggs & Cheese

**Starch:** Potatoes

**Vegetable:** Sauteed Vegetables



#### LUNCH

##### Veg Chicken Cutlet

**Protein:** Soy Protein Chicken

**Starch:** Rice

**Vegetable:** Lima Beans



#### DINNER

##### Meatloaf

**Protein:** Beef

**Starch:** Mashed Potatoes

**Vegetable:** Mixed Vegetables



### MONDAY

#### BREAKFAST

##### Mushroom Omelet

**Protein:** Eggs

**Starch:** Potatoes

**Vegetable:** Mushroom



#### LUNCH

##### Fillet of Tilapia

**Protein:** Fish

**Starch:** Shell Pasta

**Vegetable:** Green Beans



#### DINNER

##### Pot Roast

**Protein:** Beef

**Starch:** Potatoes

**Vegetable:** Mixed Vegetables



### TUESDAY

#### BREAKFAST

##### Spanish Omelet

**Protein:** Eggs

**Starch:** Potatoes

**Vegetable:** Spanish Mix Vegetables



#### LUNCH

##### Veg Stuffed Cabbage

**Protein:** Soy Protein

**Starch:** Yellow Rice

**Vegetable:** Green Beans



#### DINNER

##### Roast Chicken

**Protein:** Chicken

**Starch:** Mashed Sweet Potatoes

**Vegetable:** Peas Mix



### WEDNESDAY

#### BREAKFAST

##### Cheese Omelet

**Protein:** Eggs & Cheese

**Starch:** Potatoes

**Vegetable:** Sauteed Vegetables



#### LUNCH

##### Cheese Lasagna

**Protein:** Cheese

**Starch:** Lasagna Pasta

**Vegetable:** Peas



#### DINNER

##### Roast Turkey

**Protein:** Turkey

**Starch:** Mashed Potatoes

**Vegetable:** Mixed Vegetables



### THURSDAY

#### BREAKFAST

##### Mushroom Omelet

**Protein:** Eggs

**Starch:** Potatoes

**Vegetable:** Mushroom



#### LUNCH

##### Veg Schnitzel

**Protein:** Soy Protein

**Starch:** Basmati Rice

**Vegetable:** Corn



#### DINNER

##### Spaghetti & Meatballs

**Protein:** Beef

**Starch:** Spaghetti Pasta

**Vegetable:** Peas



### FRIDAY

#### BREAKFAST

##### Spanish Omelet

**Protein:** Eggs

**Starch:** Potatoes

**Vegetable:** Spanish Mix Vegetables



#### LUNCH

##### Roast Turkey

**Protein:** Turkey

**Starch:** Mashed Sweet Potatoes

**Vegetable:** Mixed Vegetables



#### DINNER

##### Brisket

**Protein:** Beef

**Starch:** Mashed Potatoes

**Vegetable:** Mixed Vegetables



### SATURDAY

#### BREAKFAST

##### Cheese Omelet

**Protein:** Eggs & Cheese

**Starch:** Potatoes

**Vegetable:** Sauteed Vegetables



#### LUNCH

—

**Protein:** —

**Starch:** Pasta

**Vegetable:** Vegetables

#### DINNER

##### Salisbury Steak

**Protein:** Beef

**Starch:** Mashed Potatoes

**Vegetable:** Lima Beans



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