



# Rotating Menu

## Week One



SUN

### BREAKFAST

apple pecan oatmeal

### LUNCH

bean burrito, sauteed  
peppers, salsa rice

### DINNER

hashbrown casserole  
with ham, peas

MON

### BREAKFAST

spinach eggs with  
toast, mandarin

### LUNCH

sausage kale soup,  
biscuit, fruit

### DINNER

taco bar

TUES

### BREAKFAST

pear-maple breakfast  
bread pudding

### LUNCH

taco stuffed baked  
potato, salad

### DINNER

black bean soup,  
cornbread

WED

### BREAKFAST

quinoa bowl w/ salsa  
eggs, orange

### LUNCH

broccoli cheese baked  
potato, baby carrots

### DINNER

salmon burger, peas,  
corn, roasted potatoes

THUR

### BREAKFAST

peanut butter cup oats,  
baked pear

### LUNCH

black bean soup,  
cornbread, mandarin

### DINNER

ham fried rice, soy  
mushrooms, garlic  
green beans

FRI

### BREAKFAST

cheese grits, sausage,  
stewed apples

### LUNCH

egg sandwich,  
vegetable soup, fruit

### DINNER

cabbage rolls, mashed  
potatoes, baby carrots

SAT

### BREAKFAST

pumpkin spice french  
toast, bacon

### LUNCH

curried butternut  
squash soup, biscuit

### DINNER

broccoli-cheese quiche,  
kale salad with apples

# Rotating Menu

## Week Two

SUN

### BREAKFAST

leftover quiche, roasted potatoes, fruit

### LUNCH

rotisserie chicken, kale salad, roasted potatoes

### DINNER

chili with cornbread, orange

MON

### BREAKFAST

oats with apples and walnuts, cafe au lait

### LUNCH

chicken bacon ranch salad, fruit

### DINNER

spaghetti with coral sauce, green beans, garlic toast

TUES

### BREAKFAST

parmesan pepper eggs, toast, fruit

### LUNCH

kale salad with hot bacon dressing, baked apple

### DINNER

butter chicken, rice, peas

WED

### BREAKFAST

hot cereal bowl, sausage, orange

### LUNCH

broccoli cheese baked potato, baby carrots

### DINNER

chili spaghetti, sauteed peppers and onions

THUR

### BREAKFAST

pumpkin spice oats, fruit

### LUNCH

salmon burger, vegetable soup, orange

### DINNER

meatloaf, mashed potatoes, baby carrots, green beans

FRI

### BREAKFAST

nut butter toast with cinnamon, apple

### LUNCH

meatloaf sandwich, vegetable soup, fruit

### DINNER

stuffed acorn squash, roasted potatoes

SAT

### BREAKFAST

shrimp and grits, fruit

### LUNCH

take and bake pizza, tossed salad

### DINNER

sausage kale soup, garlic toast, baked apple