


WEEK 1
2024 SPRING MENU FULL NAME: _____


MONDAY


Cauliflower Crust Beef Taco Pizza **OR** Cauliflower Crust Veggie Taco Pizza

Turkey Pinwheel **OR** Caprese Wrap

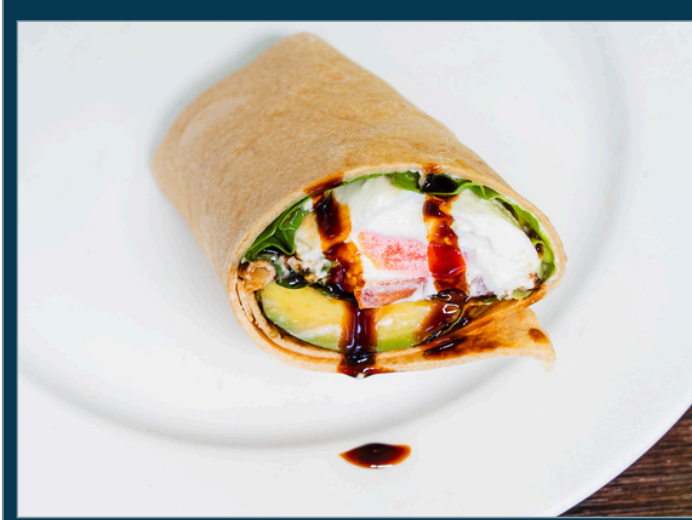


SELECT 1 HOT ITEM






SELECT 1 COLD ITEM




TUESDAY


Albondigas (Mexican Porcupine Meatballs w/ Marinara) **OR** Black Bean Toastadas

Asian Chicken Salad Wrap **OR** Asian Veggie Burger Wrap




SELECT 1 HOT ITEM





SELECT 1 COLD ITEM



WEDNESDAY

Baked Fried Chicken **OR** Cheesy Loaded Twice - Baked Potato

Fish Taco with Mango Slaw **OR** Elote, Avocado & Cotija Salad




SELECT 1 HOT ITEM





SELECT 1 COLD ITEM



Apricot Glazed Turkey **OR**

Spinach & Cheese Stuffed Portobello

THURSDAY

Lox, Sliced Egg & Capers Chef Salad **OR**

Garbanzo, Egg & Feta Chef Salad



SELECT 1 HOT ITEM

SELECT 1 COLD ITEM

Parmesan Crusted Cod Fillet **OR**

Spinach & Ricotta Souffle

FRIDAY

Shwarma Chicken & Pita **OR**

Falafel & Hummus w/ Pita



SELECT 1 HOT ITEM

SELECT 1 COLD ITEM

Salmon Burger, swiss & Tartar sauce on a bun **OR**

Black Bean Burger & Swiss on a Bun

WEEKEND

Beef Salad Wrap **OR**

Loaded Cucumber Wrap



SELECT 1 HOT ITEM

SELECT 1 COLD ITEM

SELECT THE NUMBER OF MEALS YOU NEED FOR THE WEEKEND

Fig Glazed Chicken

OR

Fettucine Alfredo w/ Mushrooms

MONDAY

Chicken Salad Wrap

OR

Corn & Black Bean Wrap



SELECT 1 HOT ITEM

SELECT 1 COLD ITEM

Pollo Asado-Grilled Chicken

OR

Eggplant Parmesan

TUESDAY

Ceviche - Chilled Chopped Shrimp in Tomato Sauce

OR

Greek Middle Eastern Fusion Bowl - Couscous & Mid East Salad w/ Feta



SELECT 1 HOT ITEM

SELECT 1 COLD ITEM

Beef, Potato & Cheese Knish

OR

Spinach, Potato & Cheese Knish

WEDNESDAY

Crab Salad Stuffed Tomato

OR

Egg Salad Stuffed Tomato



SELECT 1 HOT ITEM

SELECT 1 COLD ITEM

Chicken
Chilaquiles

OR

Vegetable
Chilaquilles

THURSDAY

Turkey Salad
Wrap

OR

Lebanese Salad
w/ Feta



SELECT 1 HOT ITEM

SELECT 1 COLD ITEM

“Un”fried
Catfish

OR

Zucchini
Pancakes

FRIDAY

Thai Chicken
Buddha Bowl

OR

Thai Peanut Vegan
Buddha Bowl



SELECT 1 HOT ITEM

SELECT 1 COLD ITEM

Ground Beef
Stuffed Pepper

OR

Vegetarian Sausage
Stuffed Pepper

WEEKEND

Tuna Melt on
a Croissant

OR

Mushroom Melt
on a Croissant



SELECT 1 HOT ITEM

SELECT 1 COLD ITEM

SELECT THE NUMBER OF MEALS YOU NEED FOR THE WEEKEND

Ribeye Steak

OR

Spanakopita

MONDAY

Buffalo Chicken Salad Wrap

OR

Greek Salad



SELECT 1 HOT ITEM



SELECT 1 COLD ITEM

Chicken Fajita

OR

Vegetable Fajita

TUESDAY

Turkey Monte Cristo

OR

Cheese Monte Cristo



SELECT 1 HOT ITEM



SELECT 1 COLD ITEM

Chicken & Cheese Quiche

OR

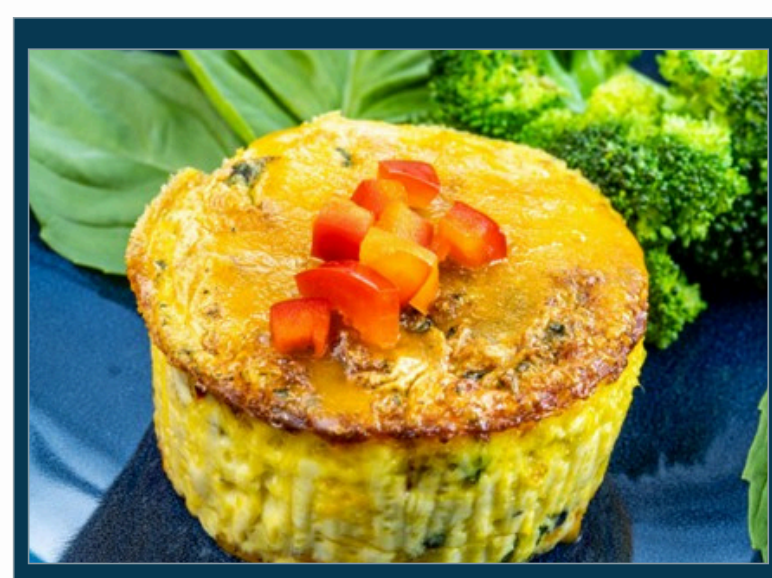
Garden Quiche w/ Cheese

WEDNESDAY

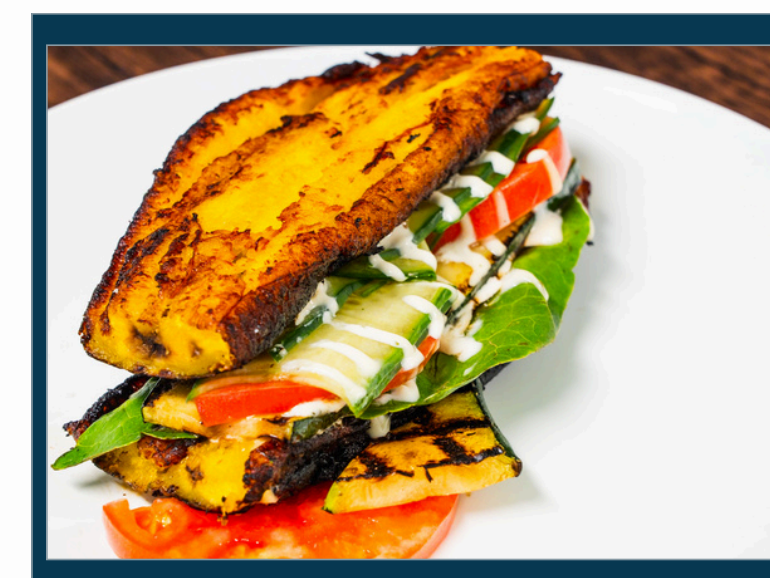
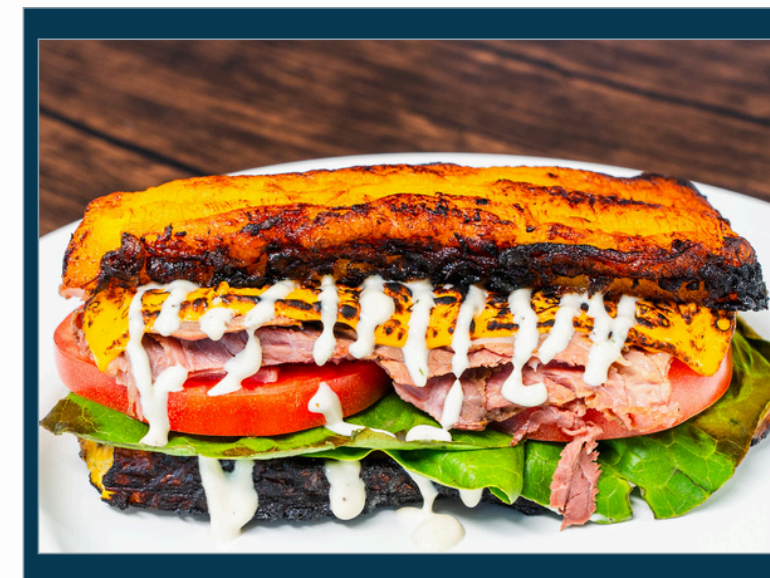
Beef Jibarito Sandwich - Plantain Sandwich

OR

Vegetarian Sausage Crumble Jibarito - Plantain Sandwich



SELECT 1 HOT ITEM



SELECT 1 COLD ITEM

Meatloaf

OR

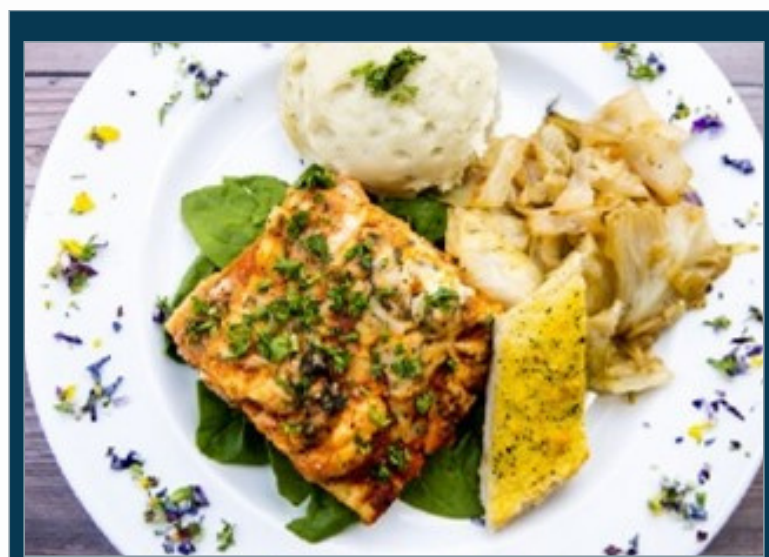
Four Cheese Lasagna

THURSDAY

Chicken Topped Chef Salad

OR

Waldorf Salad



SELECT 1 HOT ITEM

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Teriyaki Salmon

OR

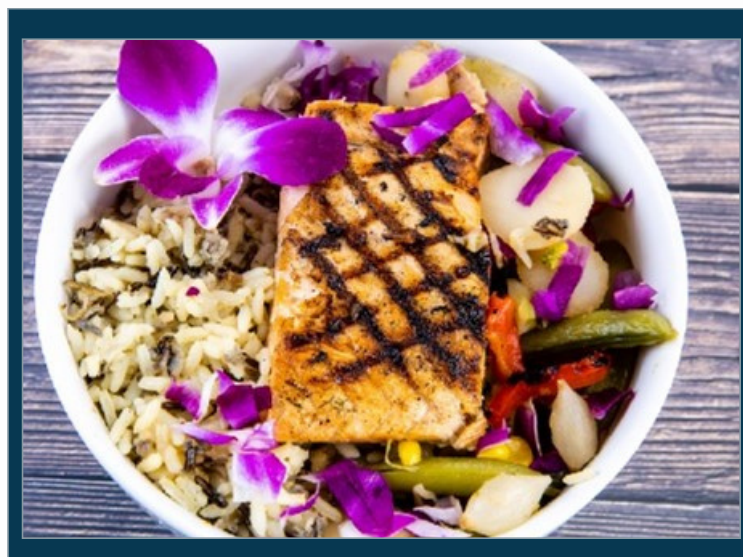
Vegetable Crumble Stuffed Portobello

FRIDAY

Shrimp Topped Pasta Salad

OR

Loaded Pasta Salad



SELECT 1 HOT ITEM

SELECT 1 COLD ITEM

Carne Asada Burrito-Steak Burrito

OR

Heuvos Rancheros Burrito- Breakfast Burrito

WEEKEND

Flaked Fish Pita Pocket

OR

Mediterranean Vegetable Pita w/ Feta



SELECT 1 HOT ITEM

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SELECT THE NUMBER OF MEALS YOU NEED FOR THE WEEKEND

Teriyaki Chicken

OR

Vegetable & Cheese Turnover

MONDAY

Southwest Chicken Salad Wrap

OR

Taco Salad w/ Black Beans, Corn & Cheese



SELECT 1 HOT ITEM

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Beef Soft Tacos

OR

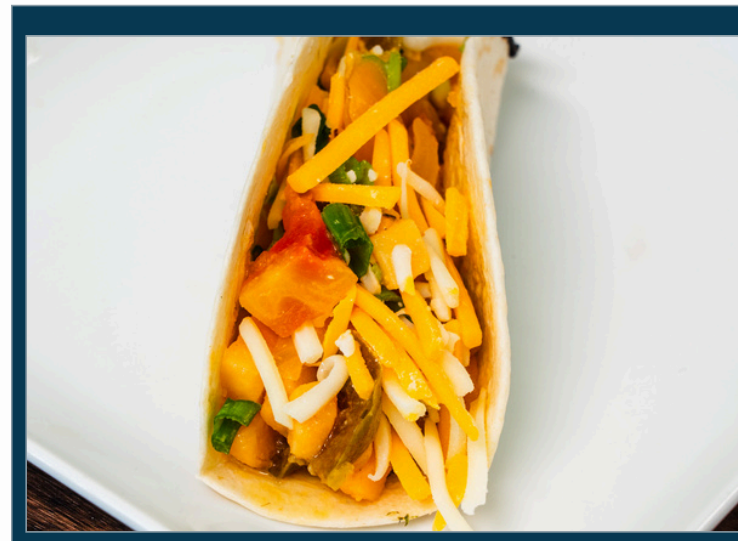
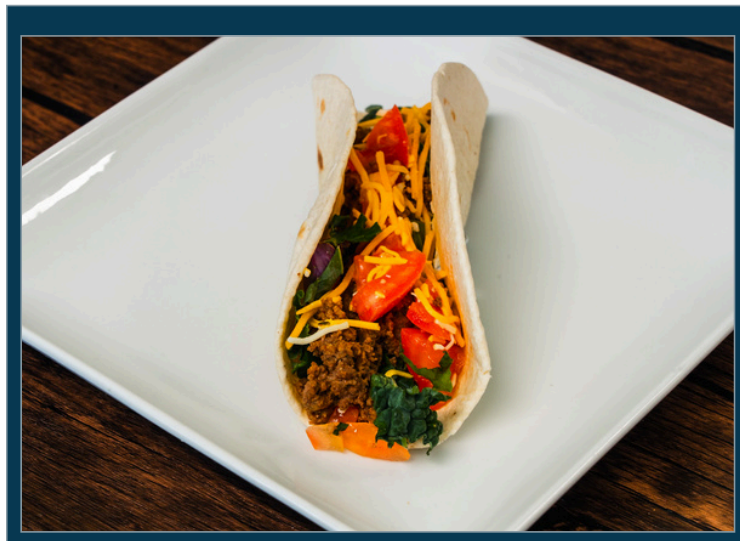
Vegetable & Black Bean Soft Taco

TUESDAY

Baked Lemon Garlic Shrimp Topped Corn & Black Bean Millet Salad

OR

Black Bean, Corn, Peppers, Avocado & Feta Millet Salad



SELECT 1 HOT ITEM

SELECT 1 COLD ITEM

Spinach & Cheese Stuffed Chicken

OR

Spinach & Cheese Stuffed Shells

WEDNESDAY

Poached Mahi Mahi w/ smoked peanut & Sesame oil

OR

Avocado Toast w/ Garbanzo & Feta



SELECT 1 HOT ITEM

SELECT 1 COLD ITEM

Shredded Chicken
Quesadilla

OR

Vegetable & Cheese
Quesadilla

THURSDAY

Shrimp Topped
Quinoa Salad Bowl

OR

Quinoa
Salad Bowl



SELECT 1 HOT ITEM

SELECT 1 COLD ITEM

Shrimp
& Grits

OR

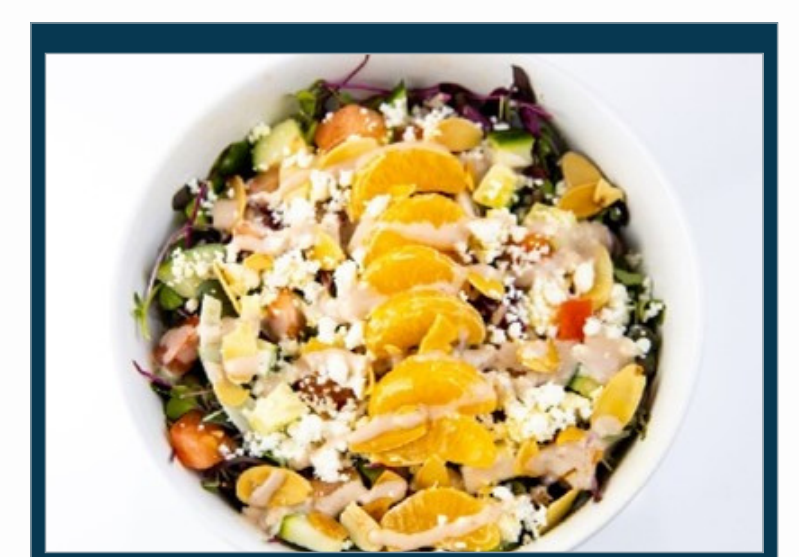
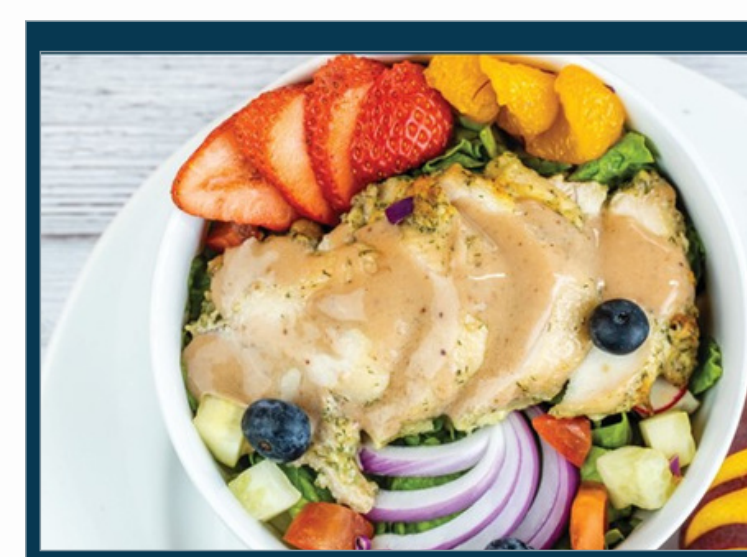
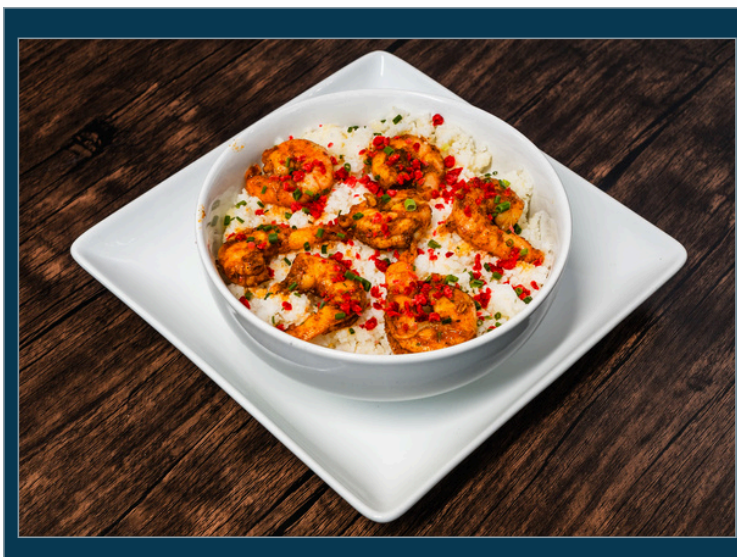
Black eyed
Pea's Stew

FRIDAY

Chicken Topped
Fruit Chef Salad w/
Strawberry
Vinaigrette

OR

Watercress, Fennel &
Radicchio Salad w/
Almonds, Feta &
Strawberry Vinaigrette



SELECT 1 HOT ITEM

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Greek
Chicken

OR

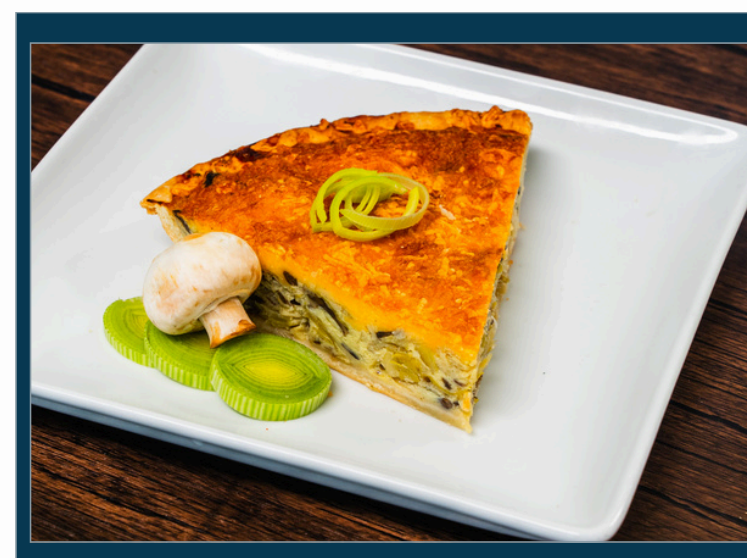
Mushroom
Leek Quiche

WEEKEND

Grilled Chicken
Topped Pasta
Salad

OR

Piped Deviled Eggs
Topped Cheddar
Cheese Toasters



SELECT 1 HOT ITEM

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SELECT THE NUMBER OF MEALS YOU NEED FOR THE WEEKEND