

# Final Menu

START DATE: 3 MARCH 2014

## Week 1

*PRINTED:*

Friday, March 28, 2014

| <b>Breakfast:</b>  | <b>Sunday</b>   | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b>   |
|--------------------|---|---|---|--|---|---|---|
|                    |   | Grilled Ham   | Turkey Bacon  | Corned Beef Hash   | Turkey Sausage  | Grilled Ham   |   |
|                    |   | Pancakes  | French Toast  | Pancakes   | French Toast  | Waffles   |   |
|                    |   | Bacon   | Bacon   | Bacon  | Bacon   | Bacon   |   |
| Breakfast Burritos |   | Sausage   | Sausage   | Sausage  | Sausage   | Sausage   | Breakfast Burritos                                      |
| Hash Browns        |   | Creamed Beef  | Creamed Beef  | Creamed Beef   | Creamed Beef  | Creamed Beef  | Hash Browns   |
|                    |   | Grits   | Grits   | Grits  | Grits   | Grits   |   |
|                    |   | Oatmeal   | Oatmeal   | Oatmeal  | Oatmeal   | Oatmeal   |   |
|                    |   | Hash Browns   | Hash Browns   | Hash Browns  | Hash Browns   | Hash Browns   |   |
|                    |   | Hot Biscuits  | Hot Biscuits  | Hot Biscuits   | Hot Biscuits  | Hot Biscuits  |   |
|                    |   | Hard Boiled Eggs  | Hard Boiled Eggs  | Hard Boiled Eggs   | Hard Boiled Eggs  | Hard Boiled Eggs  |   |
|                    |   | Melted Butter / Syrup                                     | Melted Butter / Syrup   | Melted Butter / Syrup                                      | Melted Butter / Syrup                                       | Melted Butter / Syrup   |   |
|                    |   | Green Chili   | Green Chili   | Green Chili  | Green Chili   | Green Chili   |   |
|                    |   | Bkfst Sandwich / Burrito                                  | Bkfst Sandwich / Burrito  | Bkfst Sandwich / Burrito                                   | Bkfst Sandwich / Burrito                                    | Bkfst Sandwich / Burrito  |   |
| <b>Lunch:</b>      | <b>Sunday</b>   | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b>   |
| Soup:              |   | Chicken Noodle Chili                                      | Chicken Tortilla Soup Chili                                       | Garden Vegetable Chili                                     | Cream of Pot.w/ bacon Chili                                 | New England Clam Chowder Chili                                  |   |
| Entrée:            | Grab & Go Items<br>Premade Sandwiches<br>Premade Salads | Lemon Baked Swai<br>Beef Fritters                         | Rotisserie Chicken<br>Blackened Tilapia<br>Chicken Enchilada      | Chicken Parm<br>Grilled Pork Chops                         | Rotisserie Chicken<br>Chicken Cacciatore<br>Roast Beef      | Sweet & Spicy Citrus Tilapia<br>Chicken Yakisoba                | Grab & Go Items<br>Premade Sandwiches<br>Premade Salads |
| Starch:            |   | Mashed Potatoes   | Potato Wedges   | Parmesan Penni Pasta                                       | Steamed Rice  | Au Gratin Potatoes  |   |
| Vegetable:         |   | Green Beans w/ Mushrooms<br>Calico Corn                   | California Blend<br>Yellow Squash                                 | Italian Blend vegetables<br>Cheesy Mashed Cauliflower      | Steamed Broccoli<br>Roasted Squash and Zucchini             | Green Bean Amandine<br>Parsley Carrots                          |   |
| Dessert:           |   | Cheesecake<br>White Choc. Cherry Cookies<br>Sugar Cookies | Chocolate Cake<br>Oatmeal Raisin Cookies<br>Peanut Butter Cookies | Apple Pie<br>Rocky Road Cookies<br>Chocolate Chunk Cookies | Cheesecake<br>White Choc. Mac. Nut Cookies<br>Sugar Cookies | Carrot Cake<br>Peanut Butter Cookies<br>Chocolate Chunk Cookies |   |
| Other Sides:       |   | Biscuit<br>White Pepper Gravy                             | Asst. Rolls   | Garlic Toast   | Brown Gravy<br>Asst. Rolls                                  | Egg Rolls<br>Asst. Rolls  |   |
| <b>Dinner:</b>     | <b>Sunday</b>   | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b>   |
| Soup:              |   |   |   |  |   |   |   |
| Entrée:            | Grab & Go Items<br>Premade Sandwiches                   | Beef Ravioli w/ Marinara                                  | Sweet & Sour Chicken  | Stuffed Peppers  | Spaghetti & Meatballs                                       | Baked Catfish   | Grab & Go Items<br>Premade Sandwiches                   |
| Starch:            | Premade Salads  |   | Rice  | Mashed Potatoes  |   | Baked Fries   | Premade Salads  |
| Vegetable:         |   | Balsamic Roasted Broccoli                                 | Green Beans   | Peas   | Steamed Broccoli  | Corn  |   |
| Dessert:           |   | White Choc. Cherry Cookies                                | Oatmeal Raisin Cookies  | Rocky Road Cookies   | Sugar Cookies   | Chocolate Chunk Cookies   |   |
| Other Sides:       |   | Garlic Bread  |   | Beef Gravy   | Marinara sauce<br>Bosco Sticks                              |   |   |

\* Annotates recipe from AFRS

**Final Menu**

**START DATE: 3 MARCH 2014**

**Week 2**

*PRINTED:*

**Friday, March 28, 2014**

| <b>Breakfast:</b>  | <b>Sunday</b>              | <b>Monday</b>              | <b>Tuesday</b>           | <b>Wednesday</b>         | <b>Thursday</b>              | <b>Friday</b>             | <b>Saturday</b>            |
|--------------------|----------------------------|----------------------------|--------------------------|--------------------------|------------------------------|---------------------------|----------------------------|
|                    |                            | Grilled Ham                | Turkey Bacon             | Corned Beef Hash         | Turkey Sausage               | Grilled Ham               |                            |
|                    |                            | Pancakes                   | French Toast             | Pancakes                 | French Toast                 | Waffles                   |                            |
|                    |                            | Bacon                      | Bacon                    | Bacon                    | Bacon                        | Bacon                     |                            |
| Breakfast Burritos |                            | Sausage                    | Sausage                  | Sausage                  | Sausage                      | Sausage                   | Breakfast Burritos         |
| Hash Browns        |                            | Creamed Beef               | Creamed Beef             | Creamed Beef             | Creamed Beef                 | Creamed Beef              | Hash Browns                |
|                    |                            | Grits                      | Grits                    | Grits                    | Grits                        | Grits                     |                            |
|                    |                            | Oatmeal                    | Oatmeal                  | Oatmeal                  | Oatmeal                      | Oatmeal                   |                            |
|                    |                            | Hash Browns                | Hash Browns              | Hash Browns              | Hash Browns                  | Hash Browns               |                            |
|                    |                            | Hot Biscuits               | Hot Biscuits             | Hot Biscuits             | Hot Biscuits                 | Hot Biscuits              |                            |
|                    |                            | Hard Boiled Eggs           | Hard Boiled Eggs         | Hard Boiled Eggs         | Hard Boiled Eggs             | Hard Boiled Eggs          |                            |
|                    |                            | Melted Butter / Syrup      | Melted Butter / Syrup    | Melted Butter / Syrup    | Melted Butter / Syrup        | Melted Butter / Syrup     |                            |
|                    |                            | Green Chili                | Green Chili              | Green Chili              | Green Chili                  | Green Chili               |                            |
|                    |                            | Bkfst Sandwich / Burrito   | Bkfst Sandwich / Burrito | Bkfst Sandwich / Burrito | Bkfst Sandwich / Burrito     | Bkfst Sandwich / Burrito  |                            |
| <b>Lunch:</b>      | <b>Sunday</b>              | <b>Monday</b>              | <b>Tuesday</b>           | <b>Wednesday</b>         | <b>Thursday</b>              | <b>Friday</b>             | <b>Saturday</b>            |
| Soup:              |                            | Corn Chowder               | Buffalo Chicken          | Tomato Bisque            | Chicken & Sausage Gumbo      | Cream of Broccoli         |                            |
|                    |                            | Chili                      | Chili                    | Chili                    | Chili                        | Chili                     |                            |
| Entrée:            | <u>Grab &amp; Go Items</u> | Roasted Pork Loin          | Rotisserie Chicken       | Pasta Primavera          | Rotisserie Chicken           | Baked Cat Fish            | <u>Grab &amp; Go Items</u> |
|                    | Premade Sandwiches         | Lemon Garlic Tilapia       | Yankee Pot Roast         | Fried Chicken            | Peppered Beef Tips           | Hungarian Goulash         | Premade Sandwiches         |
|                    | Premade Salads             |                            |                          |                          | Tuna Noodle Casserole        |                           | Premade Salads             |
| Starch:            |                            | Mashed Potatoes            | Twice Baked Potatoes     | Mac & Cheese             | Rice Pilaf                   | Egg Noodles               |                            |
| Vegetable:         |                            | Sauerkraut                 | Peas & Pearl Onions      | Corn-On-the-Cob          | Braised Cabbage              | Balsamic Roasted Broccoli |                            |
|                    |                            | Italian Roasted Zucchini   | California Blend         | Italian Blend            | Steamed Spinach              | Seasoned Black Eyed Peas  |                            |
| Dessert:           |                            | Cheesecake                 | Chocolate Cake           | Apple Pie                | Cheesecake                   | Carrot Cake               |                            |
|                    |                            | White Choc. Cherry Cookies | Oatmeal Raisin Cookies   | Rocky Road Cookies       | White Choc. Mac. Nut Cookies | Peanut Butter Cookies     |                            |
|                    |                            | Sugar Cookies              | Peanut Butter Cookies    | Chocolate Chunk Cookies  | Sugar Cookies                | Chocolate Chunk Cookies   |                            |
| Other Sides:       |                            | Brown Gravy                | Asst. Rolls              | Corn Bread               | Baguette                     | Asst. Rolls               |                            |
|                    |                            | Asst. Rolls                |                          |                          |                              |                           |                            |
| <b>Dinner:</b>     | <b>Sunday</b>              | <b>Monday</b>              | <b>Tuesday</b>           | <b>Wednesday</b>         | <b>Thursday</b>              | <b>Friday</b>             | <b>Saturday</b>            |
| Soup:              |                            |                            |                          |                          |                              |                           |                            |
| Entrée:            | <u>Grab &amp; Go Items</u> | Swedish Meatballs          | Beef Stew                | Stuffed Cabbage          | Chicken Pot Pie              | Chicken Stir Fry          | <u>Grab &amp; Go Items</u> |
|                    | Premade Sandwiches         |                            |                          |                          |                              |                           | Premade Sandwiches         |
| Starch:            | Premade Salads             | Buttered Egg Noodles       | White Rice               | Mashed Potatoes          |                              | Fried Rice                | Premade Salads             |
| Vegetable:         |                            | Italian Mixed Vegetables   | California Blend         | Peas                     | Roasted Squash               | Stir Fry Vegetables       |                            |
| Dessert:           |                            | White Choc. Cherry Cookies | Oatmeal Raisin Cookies   | Rocky Road Cookies       | Sugar Cookies                | Chocolate Chunk Cookies   |                            |
| Other Sides:       |                            |                            |                          |                          |                              | Egg Rolls                 |                            |

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