

Grill: roasted vegetable wrap

Lunch: oven roasted rotisserie chicken with seasonal roasted vegetables

whole+sum baked potato bar: sweet and regular potatoes
 chicken
 blue cheese,brown sugar,cinnamon,butter,caramalized onion and mushr.
 glazed carrots

Composed Salad: Wanda's Choice of favorite salad

Soup: vegetable soup

Pizza: three cheese pizza, pepperoni;ham and olive pizza

Dinner: beef and vegetable lasagna

whole + sum cuban chicken with okra and plantain
 roasted chilli lime broccoli and cauliflower

Grill: regular and cheese bugers

Grill 2: honey glazed chicken sandwich

whole + sum Build your own sub bar: Pastrami,Salami, Roast Beef,Ham,Turkey
 Assorted Wrap:Tuna salad,chicken salad, roasted vegetables
 Assorted breads; white,wheat,foccacia,rye,rosemary

Composed Salad: roasted seasonal vegetables and wild rice
 house made pasta salad and potato salad

Dinner: panko crusted pork / oven roasted pork with a ginger soy sauce
 sweet and sour chicken
 sweet and sour shrimp
 tofu fried rice
 asian green beans and asian noodles

soup: seafood chowder

Grill: egg cheese and bacon breakfast sandwich

whole+sum turkey shepherd pie
 vegetable stuffed portebello mushroom

lunch beef barbacoa enchiladas,
 rice,spicy black beans
 red mexican rice
 summer squash

Dinner: chicken tenders
 grilled chicken legs
 rice broccoli cheese casserole
 green beans /sweet mashed potato

deli: Tuna Melt

Soup: chicken noodle soup

Menu

Weekly

Thursday | oct 2

grill: hawaian garden burger

Lunch: bayou bitten catfish, bbq pork chop
spicy collard green, macaroni and cheese ,baked beans
spinach with potatoes

whole+sum: chicken marsala with roasted garlic
egg plant,tomatoes, onion wild rice medley

soup: chicken and dumpling soup

Dinner: Gyros station
lamb gyro,jerusalem salad,tzatziki with dill,tabbouleh salad
pita bread,hummus
spaghetti meat sauce

Friday | oct 3

grill: ham bacon and smoked gouda hoagies

whole+sum chicken pot pie

lunch: Hot dogs bar

Composed Salad: Ginger Soy Spinach Barley Salad

soup: pumpkin soup

Dinner: salmon mango salsa/brown rice/spicy broccoli with garlic and onion

whole +sum meatloaf w/
mushroom
demiglazed
mashed potato and brussel sprout
fried rice

Saturday | oct 4

Brunch:

Scrambled eggs
Biscuits and Gravy
Bacon, Sausage
Waffles, Syrup, Warm Berry Compote

Lunch Style Additions: Thick Ham Slices
Roasted Red Potatoes and squash

Sunday | oct 5

Lunch: oven roasted chicken
mac& cheese
Mashed Butter and Garlic Potatoes
broccoli and cauliflower