



WEEK 1

BREAKFAST

LUNCH

DINNER

TUESDAY

Penne Pasta
Turkey Meat Sauce
Carrot Coins, Zucchini

WEDNESDAY

Blueberry Pancakes
Maple Syrup
Turkey Sausage

Orlean's Tuna Salad
Citrus Fruit Cup
Honey Wheat Roll

Chicken Pizza
Broccoli

THURSDAY

Coconut Parfait
Cherry Almond Oatmeal Bar

Turkey Ham Salad (all turkey)
Pretzel Roll
Pineapple Crisp

Turkey Chili
Pasta Salad Primavera
Cornbread Muffin

FRIDAY

Ratatouille Omelet
Asparagus Spears

Szechuan Turkey Burger on Rice Pilaf
Cauliflower

Baked Salmon with Pineapple Salsa
Turnip & Parsnip Veggie Puree
Ginger Carrots

SATURDAY

Omelet Pomodoro
Sicilian Asparagus Cuts & Tips

Peanut Butter & Pita
Cheddar Cheese
Carrots

Italian Chicken
Cous Cous Pilaf
Green Beans

SUNDAY

Whole Wheat Bagel
Veggie Cream Cheese
Tropical Fruit Salad

Turkey Meatloaf with
Peach BBQ Sauce, Veggie Mash
Brussels Sprouts

Sliced Turkey
Mashed Potatoes, Gravy
Green Beans with Almonds

MONDAY

Chocolate Zucchini Bread
Orange Cranberry Cream Cheese
Orange Sections

Blackened Salmon
Spinach Cauliflower Puree
Brussels Sprouts, Lemon Wedge

Mexican Style Turkey Burrito
Spanish Rice, Refried Beans
Fajita Veggies, Salsa

TUESDAY

Greek Mushroom
Greek Yogurt

"The Kelly"
(French Toast on Roasted Red Pepper,
Swiss Cheese, Tomato, Pesto Sauce,
Cream Cheese), Orange Sections

WEEK 2

BREAKFAST

LUNCH

DINNER

TUESDAY

Herb Crusted Whitefish
Polenta, Broccoli
Lemon

WEDNESDAY

Oat & Raisin Scone
Apple Butter
Greek Yogurt

Salmon Burger with Mango Salsa
Cracked Wheat Pilaf
Broccoli & Cauliflower

Vegetable Ravioli
Red Pepper Sauce, Ratatouille
Sauteed Brussels Sprouts

THURSDAY

Scrambled Eggs Rancheros
Whole Wheat Tortilla
Chicken Chorizo Sausage
Mango Salad

Mediterranean Tapas
Red Pepper Hummus
Baba Ghanouj, Tabbouleh
Whole Wheat Pita Bread

Porcini Mushroom Chicken
Wild Rice Pilaf
Italian Veggie Blend

FRIDAY

Tomato Mushroom Omelet
Creamed Spinach
Italian Roasted Potatoes

Greek Pasta Salad with Tuna

Orange Roughy Fish
Lemon Herb Sauce
Israeli Cous Cous
Mediterranean Veggies

SATURDAY

Whole Wheat Bagel
Date & Raisin Cream Cheese
Orange Mango Salad

Black Bean & Feta Wrap
Wild Rice Salad

Turkey Tamale Pie
Baked Potato
Sour Cream & Chives
Corn on the Cob

SUNDAY

Fajita Omelet
Mozzarella Cheese
Orange Segments

Chicken Vegetable Stew with Peanuts
Broccoli

Baked Spaghetti Pie
Cauliflower

MONDAY

Mushroom Strata
Chicken Sausage
Tropical Fruit Salad

Bistro Chicken Salad
(Chicken Breast Tenders with
Pasta, Vegetables, Sauce)
Mini Mango Walnut Muffin

Barbecue Chicken
Anise Roasted Potatoes
Baked Beans, Green Beans
BBQ Sauce

TUESDAY

Raisin Bran Muffin
Strawberry Preserves
Greek Yogurt

Chicken Philly Sub
Multigrain Sub Roll, Honey Mustard Mayo
Provolone Cheese, Veggie Slaw

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WEEK 3

BREAKFAST

LUNCH

DINNER

TUESDAY

Turkey Picadillo
Brown Rice Pilaf
Apricot Glazed Asparagus

WEDNESDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Salad

Chicken Pesto Salad
Whole Wheat Roll

Macaroni and Cheese
Carrot Coins, Broccoli

THURSDAY

Kale & Swiss Frittata
Chicken Sausage

Grilled Cheese
Lentil Chili
Brownie

Thai Turkey Tenderloin
Stir Fry Rice
Green Bean Medley

FRIDAY

Breakfast Pizza
Spiced Apples

Turkey Burger
Pretzel Roll, Ketchup
Orange & Craisin Salad

Shrimp Fettucini
Honey Wheat Roll
Broccoli

SATURDAY

Granola & Yogurt

Garden Salad
Lemon Pesto Vinaigrette
Jalapeño Cornbread, Zesty Snack Mix

Chicken Parmesan
Carrots & Broccoli

SUNDAY

Eggs Florentine
Chicken Sausage
Orange Sections

Tuna Meltovers
Fruit Cup

Chicken Creole
Brown Rice

MONDAY

Strawberry Banana Muffin
Vanilla Cream Cheese
Apple

Stewed Veggies with Chicken
Brown Rice

Stuffed Shells with Tomato Sauce
Sautéed Veggie Slaw

TUESDAY

Apple Pancakes
Turkey Sausage
Light Syrup

Chicken Burger
Mango Pineapple BBQ Sauce
Peach Super Slaw

WEEK 4

BREAKFAST

LUNCH

DINNER

TUESDAY

Santa Fe Chicken Burger
Chipotle Ketchup
Roasted Sweet Potatoes
Italian Veggie Blend

WEDNESDAY

Cranapple Muffin
Cran-Orange Cream Cheese
Pineapple

Waldorf Chicken Salad
Snack Mix
V8

Chicken Fajita
Refried Beans, Carrots
Salsa, Sour Cream

THURSDAY

Baked Cinnamon Bar
Spiced Apples

Basil Parmesan Chicken
Broccoli, Cauliflower, Spinach

Stir Fry Chicken
Oriental Veggies
Brown Rice

FRIDAY

Whole Wheat Monte Cristo
Raspberry Maple Syrup
Sweet Plantains

Captain Stewart's Seafood Sandwich
Pretzel Roll, Tartar Sauce
Tangarine

Herbed Baked Salmon
Brown Rice & Veggies
Carrot & Jicama Medley

SATURDAY

Waffles with
Peaches & Apples in Syrup

Turkey Reuben Sandwich
Russian Dressing
Mushroom & Artichoke Salad
Citrus Fruit Cup

Chicken Parmesan
Broccoli Florets

SUNDAY

Peachy Keen Muffin
Apple Butter
Greek Yogurt

Chicken Black Bean Wrap
Aztec Quinoa Salad
Sour Cream

Turkey Salisbury Steak
Mashed Potatoes, Gravy
Green Beans

MONDAY

Peach Pecan Oatmeal Bar
Tropical Fruit Salad

Chicken Florentine Burger
Apple Chips

Johnny's Veggie Pizza
Broccoli

TUESDAY

Greek Burrito
Chicken Sausage
Fajita Veggies

Tomato Pesto Meltover
Apple Cake



WEEK 5

BREAKFAST

LUNCH

DINNER

TUESDAY

Curried Shrimp
Basmati Rice
Minted Carrots & Peas

WEDNESDAY

Whole Grain Pancakes
Strawberry Maple Syrup
Turkey Sausage

Tuscan Boats with Turkey
(Stuffed Potatoes)
Nutty Wheatberry Salad, Sour Cream

Chicken and Three Grain
Broccoli

THURSDAY

Egg and Broccoli Pie
Apple

Monterey Turkey Salad
Orange Mango Salad

Blackened Turkey Loin
Carrot Chipotle Puree
Italian Veggie Blend
Asparagus Risotto

FRIDAY

Whole Grain French Toast
Mango Cranberry Syrup

Turkey Swiss Sandwich
Relish, Veggie Chips

Harissa Salmon
Mandarin Orange Almond Cous Cous
Veggie Blend

SATURDAY

Egg Quesadilla
Potato Cake
Salsa

Chicken Burger
Mango Pineapple BBQ Sauce
Peach Super Slaw

Parmesan-Spinach Stuffed Chicken
Italian Veggie Blend
Almonds

SUNDAY

Fruit & Granola Parfait
Oatmeal Blueberry Bar

Hungarian Turkey
Basmati Rice Pilaf
Veggie Blend

Cheese and Veggie Ravioli
Red Pepper Cream Sauce
Italian Veggie Blend

MONDAY

Mango Cranberry Muffin
Orange Marmalade
Greek Yogurt

Curry Chicken Salad
Orange Segments

Italian Meatballs on Fettucini
Pomodoro Sauce
Broccolini with Garlic

TUESDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Salad

Chicken Alfredo Melt
Roasted Veggie Salad

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BALANCE - SUBSTITUTION MENU

BREAKFAST

Apple Pancakes, Light Syrup, Turkey Sausage
Blueberry Pancakes, Maple Syrup, Turkey Sausage
Cinnamon Raisin Bagel, Golden Raisin Cream Cheese, Greek Yogurt
Cinnamon Walnut Cereal, Plain Greek Yogurt
Egg & Cheese Breakfast Sandwich, Tropical Fruit Cup
Power Protein Box, Hard-Boiled Egg, Cheese Wedge, Plain Greek Yogurt with Almonds
Scrambled Eggs with Turkey Sausage
Sunny Breakfast Box: Plain Greek Yogurt, Snack Mix, Mango & Raspberry Fruit Cup
Veggie & Cheese Omelet with Fire-Roasted Tomatoes
Waffles with Peaches & Apples in Syrup
Whole Wheat Bagel with Peanut Butter, Mango & Raspberry Fruit Cup
Whole Wheat Monte Cristo, Raspberry Maple Syrup, Sweet Plantains

LUNCH

Basil Parmesan Chicken, Broccoli, Cauliflower, Spinach
Chicken Burger, Mango Pineapple BBQ Sauce, Peach Super Slaw, Mustard
Deluxe Turkey Sandwich, Multigrain Roll, Peach Super Slaw, Orange Segments, Mustard
Field Greens Salad with Chicken, Lemon Basil Vinaigrette
Green Salad with Nut Mix, Lemon Basil Vinaigrette
Grilled Cheese Sandwich, Tomato Basil Soup, Brownie
Grilled Turkey Ham and Cheese Sandwich, Spiced Apples
Peanut Butter and Pita, Cheddar Cheese, Carrots
Smoked Chicken Sandwich, Whole Wheat Bread, Creamy BBQ Sauce, Green Veggie Slaw
Southwestern Sandwich (Black Bean Burger), Multigrain Roll, Salsa, Green Veggie Slaw
Tomato Pesto Meltover, Spiced Apples
Tuna Salad, Baby Carrots, Provolone Cheese
Turkey Pastrami on Rye Bread, Deli Mustard, Citrus Fruit Cup, Peanuts

DINNER

Asian Flat Iron Steak, Wasabi Mashed Potatoes, Sugar Snap Peas Vegetable Blend
Blackened Salmon on Spinach Cauliflower Puree, Brussels Sprouts, Lemon Wedge
Chicken Parmesan, Carrots & Broccoli
Eggplant Parmesan, Italian Veggie Blend
Indian Turkey Tenderloin over Creamed Spinach & Cauliflower Puree, Broccoli
Johnny's Veggie Pizza, Broccoli
Pulled Turkey BBQ Melts, Peach Salsa, Coleslaw
Sliced Turkey, Mashed Potatoes, Gravy, Green Beans
Stuffed Shells with Tomato Sauce, Sauteed Veggie Slaw
Teriyaki Flat Iron Steak, Wasabi Cauliflower Mash, Broccoli with Fajita Veggies
Turkey Salisbury Steak, Mashed Potatoes, Gravy, Green Beans
Tuscan Chicken, Creamed Spinach with Red Pepper, Green Beans