



**Diet-to-Go**  
Local Balance Menu

**WEEK 1**

**BREAKFAST**

**LUNCH**

**DINNER**

**TUESDAY**

Penne Pasta  
Turkey Meat Sauce  
Carrot Coins, Zucchini

**WEDNESDAY**

Blueberry Pancakes  
Turkey Sausage  
Blueberry Syrup

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

Mirkin Burger (Veggie Burger)  
Kaiser Roll, Salsa  
Fruit Salad

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

Cioppino Seafood Medley  
Fennel Veggie Salad

**MONDAY**

Chocolate Zucchini Bread  
Orange Cranberry Cream Cheese  
Orange Sections

Blue Crab Ravioli Soup  
Vanilla Fruit Gelatin  
Peanuts & Raisins

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, Broccoli

**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

Shrimp Mango Bisque  
Jicama & Orange Salad  
Pita

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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**Diet-to-Go**  
Local Balance Menu

**WEEK 3**

**BREAKFAST**

**LUNCH**

**DINNER**

**TUESDAY**

Turkey Picadillo  
Brown Rice Pilaf  
Apricot Glazed Asparagus

**WEDNESDAY**

Cornbread Muffin  
Cranberry Cream Cheese  
Greek Yogurt

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

Whitefish Parmesan  
Ginger Orange Carrots

**SUNDAY**

Eggs Florentine  
Chicken Sausage  
Orange Sections

Tuna Meltovers  
Peach Crisp

Chicken Creole  
Brown Rice

**MONDAY**

Strawberry Banana Muffin  
Vanilla Cream Cheese  
Apple

Stewed Veggies with Chicken  
Brown Rice

Tomato Veggie Pie  
Cous Cous

**TUESDAY**

Apple Pancakes  
Turkey Sausage  
Apple Syrup

Thai Chicken and Mushroom Soup  
Coconut Mango Rice  
Sweet Plantains

**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

Casablanca Soup  
Pretzel, Honey Mustard Cream Cheese

Stir Fry Chicken  
Oriental Veggies  
Brown Rice

**FRIDAY**

Whole Wheat Monte Cristo  
Raspberry Maple Syrup  
Citrus Yogurt Salad

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

Chugwater Chili  
Drop Biscuit

**TUESDAY**

Greek Burrito  
Chicken Sausage  
Fajita Veggies

Tomato Pesto Meltover  
Apple Cake

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**Diet-to-Go**  
Local Balance Menu

**WEEK 5**

**BREAKFAST**

**LUNCH**

**DINNER**

**TUESDAY**

Curried Shrimp  
Basmati Rice  
Minted Carrots & Peas

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**WEDNESDAY**

Whole Grain Pancakes  
Strawberry Maple Syrup  
Turkey Sausage

Tuscan Boats with Turkey  
(Stuffed Potatoes)  
Nutty Wheatberry Salad

Chicken and Turkey Brunswick Stew  
Corn & Lentil Loaf

**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

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**SATURDAY**

Egg Quesadilla  
Potato Cake  
Orange Segments

Roasted Tomato and Basil Soup  
Corn & Spinach Salad

Parmesan-Spinach Stuffed Chicken  
Italian Veggie Blend  
Almonds

**SUNDAY**

Fruit & Granola Parfait  
Oatmeal Blueberry Bar

Hungarian Turkey  
Basmati Rice Pilaf  
Veggie Blend

Lobster 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  
Veggie Blend

**TUESDAY**

Noodle Kugel  
(Sweet Casserole)  
Apple

Chicken Alfredo Melt  
Roasted Veggie Salad

**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  
Deluxe Turkey Sandwich, Multigrain Roll, Peach Super Slaw, Orange Segments, Mustard  
Garden Salad with Chicken, 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, Mediterranean Veggies, 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  
Whitefish Parmesan, Whole Grain Roll, Baby Carrots & Peas