



Diet-to-Go
Local Balance-D Menu

WEEK 1

BREAKFAST

LUNCH

DINNER

TUESDAY

Blackened Salmon
Spinach Cauliflower Puree
Brussels Sprouts, Lemon Wedge

WEDNESDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Cup

Orlean's Tuna Salad
Citrus Fruit Cup
Honey Wheat Roll

Chicken Pizza
Broccoli

THURSDAY

Cinnamon Walnut Cereal
Plain Greek Yogurt

Aztec Quinoa Salad
Orange Sections
Almonds

Turkey Chili
Pasta Salad Primavera
Cornbread Muffin

FRIDAY

Whole Wheat Bagel with Peanut Butter
Mango & Raspberry Fruit Cup

Szechuan Turkey Burger on Rice Pilaf
Cauliflower

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

SATURDAY

Sunny Breakfast Box
Plain Greek Yogurt, Snack Mix
Orange Sections

Eggplant Parmesan
Italian Veggie Blend

Italian Chicken
Cous Cous Pilaf
Green Beans

SUNDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Cup

Sliced Turkey
Mashed Potatoes, Gravy
Green Beans

Cioppino Seafood Medley
Fennel Veggie Salad

MONDAY

Cinnamon Walnut Cereal
Plain Greek Yogurt

Basil Parmesan Chicken
Spinach, Cauliflower and Broccoli

Southwestern Turkey Burrito
Refried Beans, Fajita Veggies
Salsa

TUESDAY

Whole Wheat Bagel with Peanut Butter and
Mango Fruit Cup

Deluxe Turkey Sandwich
Oat Flatbread, Sauteed Veggie Slaw
Mustard

WEEK 2

BREAKFAST

LUNCH

DINNER

TUESDAY

Blackened Salmon
Spinach Cauliflower Puree
Brussels Sprouts, Lemon Wedge

WEDNESDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Cup

Salmon Burger with Mango Salsa
Cracked Wheat Pilaf
Broccoli & Cauliflower

Turkey Salisbury Steak
Mashed Potatoes and Gravy
Green Beans

THURSDAY

Cinnamon Walnut Cereal
Plain Greek Yogurt

Chicken Roma
Cauliflower
Italian Green Beans

Porcini Mushroom Chicken
Wild Rice Pilaf
Italian Veggie Blend

FRIDAY

Whole Wheat Bagel with Peanut Butter
Mango & Raspberry Fruit Cup

Greek Pasta Salad with Tuna

Pomodoro Orange Roughy
Israeli Cous Cous
Mediterranean Veggies

SATURDAY

Sunny Breakfast Box
Plain Greek Yogurt, Snack Mix
Orange Sections

Shrimp Mango Bisque
Jicama & Orange Salad
Pita

Indian Turkey Tenderloin
Creamed Spinach & Cauliflower Puree
Broccoli

SUNDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Cup

Chicken Vegetable Stew with Peanuts
Broccoli

Eggplant Parmesan
Italian Veggie Blend

MONDAY

Cinnamon Walnut Cereal
Plain Greek Yogurt

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

Whole Wheat Bagel with Peanut Butter and
Mango Fruit Cup

Deluxe Turkey Sandwich
Oat Flatbread, Sauteed Veggie Slaw
Mustard

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Diet-to-Go
Local Balance-D Menu

WEEK 3

BREAKFAST

LUNCH

DINNER

TUESDAY

Turkey Picadillo
Brown Rice Pilaf
Apricot Glazed Asparagus

WEDNESDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Cup

Chicken Pesto Salad
Whole Wheat Roll

Crab Stuffed Flounder
Creamed Spinach
Cauliflower Puree

THURSDAY

Cinnamon Walnut Cereal
Plain Greek Yogurt

Blackened Salmon
Spinach Cauliflower Puree
Brussels Sprouts, Lemon Wedge

Thai Turkey Tenderloin
Stir Fry Rice
Green Bean Medley

FRIDAY

Whole Wheat Bagel with Peanut Butter
Mango & Raspberry Fruit Cup

Sliced Turkey
Mashed Potatoes, Gravy
Green Beans

Basil Parmesan Chicken
Broccoli, Cauliflower, Spinach

SATURDAY

Sunny Breakfast Box
Plain Greek Yogurt, Snack Mix
Orange Sections

Chicken Alfredo
Creamy Vegetable Mix
Broccoli Florets

Whitefish Parmesan
Ginger Orange Carrots

SUNDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Cup

Tuna Meltovers
Peach Crisp

Chicken Creole
Brown Rice

MONDAY

Cinnamon Walnut Cereal
Plain Greek Yogurt

Stewed Veggies with Chicken
Brown Rice

Chicken Marsala
Green Beans, Fajita Veggies
Broccoli Florets

TUESDAY

Whole Wheat Bagel with Peanut Butter and
Mango Fruit Cup

Indian Turkey Tenderloin
Creamed Spinach & Cauliflower Puree
Broccoli

WEEK 4

BREAKFAST

LUNCH

DINNER

TUESDAY

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

WEDNESDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Cup

Blackened Salmon
Spinach Cauliflower Puree
Brussels Sprouts, Lemon Wedge

Chicken Fajita
Refried Beans, Carrots
Salsa, Sour Cream

THURSDAY

Cinnamon Walnut Cereal
Plain Greek Yogurt

Chicken Roma
Collard Greens Mix
Cauliflower

Stir Fry Chicken
Oriental Veggies
Brown Rice

FRIDAY

Whole Wheat Bagel with Peanut Butter
Mango & Raspberry Fruit Cup

Basil Parmesan Chicken
Broccoli, Cauliflower, Spinach

Herbed Baked Salmon
Brown Rice & Veggies
Carrot & Jicama Medley

SATURDAY

Sunny Breakfast Box
Plain Greek Yogurt, Snack Mix
Orange Sections

Deluxe Turkey Sandwich
Oat Flatbread, Sauteed Veggie Slaw
Mustard

Chicken Parmesan
Broccoli Florets

SUNDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Cup

Chicken Black Bean Wrap
Aztec Quinoa Salad
Sour Cream

Turkey Salisbury Steak
Mashed Potatoes, Gravy
Green Beans

MONDAY

Cinnamon Walnut Cereal
Plain Greek Yogurt

Italian Chicken Burger
Whole Wheat Bun
Sauteed Veggie Slaw

Eggplant Parmesan
Italian Veggie Blend

TUESDAY

Whole Wheat Bagel with Peanut Butter and
Mango Fruit Cup

Sliced Turkey
Mashed Potatoes, Gravy
Green Beans

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Diet-to-Go
Local Balance-D Menu

WEEK 5

BREAKFAST

LUNCH

DINNER

TUESDAY

Wasabi Catfish
Oriental Pea Puree
Stir Fry Veggies

WEDNESDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Cup

Basil Parmesan Chicken
Broccoli, Cauliflower, Spinach

Chicken and Three Grain
Broccoli

THURSDAY

Cinnamon Walnut Cereal
Plain Greek Yogurt

Monterey Turkey Salad
Orange Mango Salad

Blackened Turkey Loin
Carrot Chipotle Puree
Italian Veggie Blend
Asparagus Risotto

FRIDAY

Whole Wheat Bagel with Peanut Butter
Mango & Raspberry Fruit Cup

Deluxe Turkey Sandwich
Oat Flatbread, Sauteed Veggie Slaw
Mustard

Harissa Salmon
Mandarin Orange Almond Cous Cous
Veggie Blend

SATURDAY

Sunny Breakfast Box
Plain Greek Yogurt, Snack Mix
Orange Sections

Veggie Burrito
Vegetable Blend
Peanuts

Parmesan-Spinach Stuffed Chicken
Italian Veggie Blend
Almonds

SUNDAY

Egg & Cheese Breakfast Sandwich
Tropical Fruit Cup

Sliced Turkey
Mashed Potatoes, Gravy
Green Beans

Portobello Lasagna
Veggie Mix

MONDAY

Cinnamon Walnut Cereal
Plain Greek Yogurt

Curry Chicken Salad
Orange Segments

Italian Meatballs on Fettucini
Pomodoro Sauce
Veggie Blend

TUESDAY

Whole Wheat Bagel with Peanut Butter and
Mango Fruit Cup

Turkey Salisbury Steak
Mashed Potatoes, Gravy
Green Beans

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BALANCE D - SUBSTITUTION MENU

BREAKFAST

Egg & Cheese Breakfast Sandwich, Tropical Fruit Cup

Cinnamon Walnut Cereal, Plain Greek Yogurt

Sunny Breakfast Box: Plain Greek Yogurt, Snack Mix, Mango & Raspberry Fruit Cup

LUNCH

Basil Parmesan Chicken, Broccoli, Cauliflower, Spinach

Deluxe Turkey Sandwich, Oat Flatbread, Peach Super Slaw, Mustard

Garden Salad with Chicken, Lemon Basil Vinaigrette

DINNER

Blackened Salmon on Spinach Cauliflower Puree, Brussels Sprouts, Lemon Wedge

Eggplant Parmesan, Italian Veggie Blend

Indian Turkey Tenderloin over Creamed Spinach & Cauliflower Puree, Broccoli

Sliced Turkey, Mashed Potatoes, Gravy, Green Beans

Turkey Salisbury Steak, Mashed Potatoes, Gravy, Green Beans