

Parkside Week 4 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 – 2:00	Pasta Fagioli Soup BBQ Spiced Chicken BBQ Vegetarian Baked Beans Corn on the Cob Steak Fries Cole Slaw	Beef Barley Soup Meatball Subs Grilled Eggplant Napoleon Roasted Cherry Tomatoes Parmesan Cheese Onion Rings	Vegan Vegetable Chili Beef Cheesesteak Chicken Cheesesteak Crispy Seasoned Hand Cut French Fries Roasted Peppers & Onions Fried Mushrooms Caesar Salad	Tomato Basil Soup Ground Beef Walking Tacos Cilantro White Rice Shredded Chicken Lettuce Tomato PCs: Sour cream and Salsa	Corn Bisque Chicken and Waffles Chicken Gravy Creamy Mashed Potatoes Corn Salad Kickin' Collard Greens	BRUNCH 11:00 – 2:00	French Toast Pork Sausage Links Home Fried Potatoes Breakfast Ham Cheesy Scrambled Eggs	Bread Pudding Bacon Pork Sausage Links Home Fried Potatoes Pancakes w/ Blueberry Sauce Cheesy Scrambled Eggs
	DINNER 4:00 – 7:00	Pastabilities Pasta Marinara Alfredo Roasted Chicken Italian Sausage Garlic Bread Roasted Veggies PC: Parm cheese	Dumpling Bowls Chicken Potstickers Veggie Potstickers Veggie Fried Rice Baby corn, bamboo shoots, snow pea stir fry	Hawaiian Night Crispy Coconut Chicken Pineapple Salsa Hawaiian Fried Rice Sauteed Snow peas, peppers, and Onions	Throwback Thursday Homemade Chicken Nuggets Tater Tots/Curly Fries Buttered Corn Mac and Cheese	Fiesta Friday Chicken Quesadillas Veggie Quesadillas Spanish Rice Onions and Peppers Cheese PCs: Sour cream and Salsa	DINNER 4:00 – 6:00	Bruschetta Chicken Balsamic Reduction Roasted Zucchini & Squash Green Peas Scalloped Potatoes

Breakfast Week 1 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
7:30 AM – 10:00 AM	Breakfast Pizza	Sausage Gravy	Chipped Beef on Toast	Ham and Cheese Frittata	Nutella French Toast			
	Oatmeal Apple Pie Bake- Vegan	Buttermilk Biscuits	Dark Chocolate Quinoa Breakfast Bowl- Vegan	Chocolate Chip Pancakes	Breakfast Polenta- Vegan			
	Scrambled Egg Quesadilla	Tofu Scramble- Vegan	Mini Spinach Frittatas	Rabanada	Egg and American Cheese on Bagel			
	Breakfast Potatoes	Apple Cream Cheese Stuffed French Toast	Breakfast Potatoes	Breakfast Potatoes	Breakfast Potatoes			
	Bacon	Breakfast Potatoes	Bacon	Sausage links	Bacon			
	Turkey Sausage	Sausage links	Turkey Sausage	Turkey Sausage	Turkey Sausage			
	Veggie Sausage	Turkey Sausage	Veggie Sausage	Veggie Sausage	Veggie Sausage			
	Scrambled Eggs	Veggie Sausage	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs			
	White Toast	Scrambled Eggs	White Toast	White Toast	White Toast			
	Wheat Toast	White Toast	Wheat Toast	Wheat Toast	Wheat Toast			

Daily Special Week 2 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 - 2:00	Basil Tomato and Mozzarella Sandwich	Ham & Swiss Wrap	Cajun Grilled Chicken Sandwich	Baked Falafel Sandwich w/ Tahini Sauce	Mediterranean Turkey Wrap	BRUNCH 11:00 - 2:00		
DINNER 4:00 - 7:00	Spinach Salad	Buffalo Chicken Pasta Salad	Mexican Chopped Salad	Strawberry Spinach Salad	Tomato, Mozzarella, Basil Salad	DINNER 4:00 - 6:00		

Vegetarian Week 4 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 – 2:00	Macaroni & Cheese	Vegan Meatball Subs	Caramelized Onion and Cheese Quesadilla PC: Sour cream and salsa	Tuscan Oven Cheese Lasagna	Green Bean Casserole w/Fried Onions	BRUNCH 11:00 -2:00	Pasta Primavera	Buffalo Macaroni & Cheese
DINNER 4:00 – 7:00	See Parkside Menu	See Parkside Menu	See Vegan Menu	See Parkside/Vegan Menu	See Parkside Menu	DINNER 4:00 – 6:00	Florentine Baked Ziti	Vegetable Lo Mein

Vegan Week 4 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 - 2:00	Adobo BBQ Grilled Tofu BBQ Sweet Potatoes	See Vegetarian Menu	Broccoli & Chickpea Casserole	Roasted Cauliflower Chilaquiles	Vegetable Creole	BRUNCH 11:00 - 2:00	Mediterranean Couscous	Quinoa Nut Vegetables Butternut Squash
DINNER 4:00 - 7:00	Vegan Meatballs in Marinara	Crispy Sesame Tofu	Pineapple and Chickpea Teriyaki	Fried Cauliflower Nuggets Vegan mac and cheese	Sweet & Smokey BBQ Lentils	DINNER 4:00 - 6:00	Grilled Eggplant Napoleon	Vegetable Egg Roll Bowl

Allergen Week 4 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 – 2:00	Beef & Broccoli Grilled Bok Choy Jasmine Rice	Mexican Corn Cuban Black Beans Cilantro White Rice Blackened Chicken Breast	Quinoa Chunky Vegetable Paella Roasted Butternut Squash	Chicken Cacciatore Ratatouille Creamy Polenta	BBQ Spiced Chicken Lima Beans Seasoned Potato Wedges	BRUNCH 11:00 – 2:00	Fried Tofu with Hoisin Sauce Stir Fry Vegetables	Cuban Mojo Pork Taco Cilantro Lime Black Bean Rice
DINNER 4:00 – 7:00	Cuban Roast Pork Fresh Plantains Red Beans & Rice	Chicken Breast with Apple Gravy Roasted Brussels Sprouts Mashed Sweet Potatoes	BBQ Pulled Beef Green Cabbage Baked Potato	Cuban Ropa Vieja Cuban Black Beans Spanish Rice	Brown Rice Chicken Curry	DINNER 4:00 – 6:00	Roasted Turkey Breast Roasted Root Vegetables Candied Sweet Potatoes	Rosemary Garlic Chicken Sautéed Spinach Smashed Parmesan Potatoes