

Parkside Week 5 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 – 2:00	Minestrone Soup Greek Chicken Kebab Tzatziki Sauce Chopped Greek Salad Herbed Orzo Garlic & Tomato Green Beans	Chicken Noodle Soup Brats and Knauts Rolls Sauerkraut Roasted Zucchini & Squash Seasoned Potato Wedges	Mexican Corn Soup Chicken Scampi Penne Pasta Fire Roasted Red Pepper Grilled Asparagus Breadsticks	Vegetarian French Onion Soup Grilled Flank Steak Mushroom Gravy Baked Acorn Squash Balsamic Caramelized Onion Roasted New Potatoes	Butternut Squash Soup Buttermilk Fried Chicken Vegetarian Baked Beans 3- Cheese Baked Cauliflower Cheddar Mashed Potatoes	BRUNCH 11:00 - 2:00	Cheesy Scrambled Eggs Bread Pudding Pork Sausage Links Breakfast Ham Smoked Ham Home Fried Potatoes French Toast	Vegetable Scrambled Egg Bacon Pork Sausage Link Home Fried Potatoes Chocolate Chip Pancakes French Toast Sticks
	Pizza and Wings French Bread Pizza: pepperoni and Cheese Chicken Wings Caesar Salad Carrots and Celery PCs: Buffalo and Ranch	Taco Tuesday Nachos Ground Beef Shredded Chicken Cilantro Rice Lettuce Tomato Guac Cheese Sauce Pcs: Sour cream and Salsa	Chicken Pot Pie Dinner Rolls PCs: Butter Roasted Brussel Sprouts	Teriyaki Roasted Salmon Sautéed Snow Peas & Peppers Lo Mein Noodles Stir Fried Carrots	Fall Harvest Dinner Pesto Marinated Turkey Cranberry and pecan wild rice pilaf Roasted Sweet Potatoes Maple Brussel Sprouts		DINNER 4:00 – 6:00	Battered Cod Spaghetti Squash Lasagna w/ Spinach Steak Fires Corn Roasted Zucchini & Squash Fire Roasted Red Pepper

Breakfast Week 5 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
7:30 AM – 10:00 AM	Breakfast Burrito	Corned Beef Hash	Sausage Potato Casserole	Meat Lovers Breakfast Skillet	Bacon Egg & Avocado Breakfast Sandwich			
	Sweet Potato Hash-Vegan	Apple Cinnamon Pancakes- Vegan	O'Brien Potatoes	Overnight Chai Oatmeal-Vegan	Tofu Scramble w/ Veggies- Vegan			
	Mushroom Frittata	Broccoli Frittata	French Toast Sticks	Broccoli Tomato Cheese Quiche	Blueberry French Toast			
	Breakfast Potatoes	Breakfast Potatoes	Breakfast Potatoes	Breakfast Potatoes	Breakfast Potatoes			
	Bacon	Sausage links	Bacon	Breakfast Potatoes	Breakfast Potatoes			
	Turkey Sausage	Turkey Sausage	Turkey Sausage	Sausage links	Bacon			
	Veggie Sausage	Veggie Sausage	Veggie Sausage	Turkey Sausage	Turkey Sausage			
	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Veggie Sausage	Veggie Sausage			
	White Toast	White Toast	White Toast	Scrambled Eggs	Scrambled Eggs			
	Wheat Toast	Wheat Toast	Wheat Toast	White Toast	White Toast			
			Wheat Toast	Wheat Toast				

Daily Special Week 1 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 - 2:00	Avocado Chicken Salad Wrap Chickpea and Veggie Wrap	Chicken Bacon Pretzel Sandwich Veggie Hoagie PB&J	Humus & Vegetable Wrap Chicken Salad on Croissant	Thai Chicken Lettuce Wrap Tofu Lettuce Wrap	Buffalo Chicken Ranch Wrap Curry Tofu Wrap	BRUNCH 11:00 - 2:00		
DINNER 4:00 - 7:00	Garden Salad Asian Noodle Salad Broccoli Salad	Garden Salad w/Egg Chicken Caesar Salad Rainbow Orzo Salad	Garden Salad Taco Salad Watermelon and Feta Salad	Garden Salad w/Egg Chopped Greek Salad Mexican Street Corn Salad	Garden Salad Peach and Plum Caprese Salad Creamy Macaroni Salad	DINNER 4:00 - 6:00		

Vegetarian Week 5 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 - 2:00	Grilled Eggplant Napoleon	Vegetable Quiche	Spinach Ziti Alfredo	Chunky Vegetable Paella	Vegetarian Jambalaya Red Beans & Rice	BRUNCH 11:00 - 2:00	Macaroni & Cheese	Baked Ziti Marinara Sauce
	DINNER 4:00 - 7:00	Pierogies with Onions Sour Cream	Tofu Tacos Tortilla Shells	Masala Chickpeas with Rice	Churrasco Tofu Steak Wild Rice		Cheese Ravioli Marinara Sauce Parmesan Cheese	DINNER 4:00 - 6:00

Vegan Week 5 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 - 2:00	Falafel Bowl Falafel Lettuce Tomato Sour Cream Sauce	Butternut Macaroni & Cheese Vegan "Chicken"	Black Bean & Butternut Squash Burrito Salsa	Buddha Delight Bowl	Butternut Pasta w/ Sage Cream Sauce	BRUNCH 11:00 - 2:00	Churrasco Tofu Steak	White Bean Cassoulet
DINNER 4:00 - 7:00	Indian Stuffed Peppers	Tofu Tacos Shells Sauce Rice	Vegetable Pot Pie	Rice Stuffed Zucchini	Vegetarian Jambalaya	DINNER 4:00 - 6:00	Indian Stuffed Eggplant	Zucchini Fritters

Allergen Week 5 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 – 2:00	Beef Fajitas Fried Poblanos & Onions Spanish Rice	Cuban Black Beans Cuban Roast Pork	Butternut Macaroni & Cheese Peas Sugar Snap Fresh Rice Pilaf Sauteed Mushrooms	Eggplant Parmesan Broccoli Crown Spaghetti	Cajun Chicken Breast Spanish Rice	BRUNCH 11:00 -2:00	Lentil “Sloppy Joe” Sandwich Fresh Spinach & Garlic House Fried Potato Chip	Chili Lime Pulled Chicken Oven Roasted Spiced Carrots Fried Potato Wedges
DINNER 4:00 – 7:00	BBQ Pulled Pork BBQ Vegetarian Baked Beans	Chunky Vegetable Paella Brown Rice	Balsamic Glazed Chicken Cauliflower Broccoli Crown Rice Pilaf	Pineapple Baked Ham Corn Jasmine Rice	Chimichurri Beef Cilantro Lime Black Bean Rice	DINNER 4:00 – 6:00	Roast Pork with Gravy Roasted Garlic Basil Vegetables Mashed Potatoes	Thai Red Curry Chicken Rice Fried Tofu with Hoisin Sauce Basmati Rice