

Parkside Week 4 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 – 2:00	Vegan Vegetable Chili	Pasta Fagioli	Tomato Basil Soup	Vegan Tuscan White Bean	Corn Bisque	BRUNCH 11:00 – 2:00	MTO Omelets	MTO Omelets
	Buffalo Chicken Strips	Taco Tuesday	Beef Cheesesteak	Caribbean Coconut Marinated Chicken	Beef and Broccoli		Buffalo Chicken Pasta	Sausage Tortellini Bake
	Waffle Fries	Corn Tortilla Chips Ground Beef	Chicken Cheesesteak	Fried Okra	White Rice		French Toast	Bacon
	Grilled Broccoli	Seasoned Tofu	Cheese Sauce	Warm Corn and Black Beans	Lo Mein Veggie Stir Fry		Pork Sausage Links	Pork Sausage Links
	Mixed Veggie Medley	Grilled Veggies	Old Bay Fries	Pineapple Salsa	Veggie Stir-Fry		Home Fried Potatoes	Home Fried Potatoes
	Ranch	Mexican Rice	Roasted Peppers & Onions	Yellow Rice	Veggie Spring Rolls		Breakfast Ham	Blueberry Pancake Rollups
	Blue Cheese	PCs: sour cream and salsa	Fried Mushrooms		PC: Sweet and Sour sauce		Cheesy Scrambled Eggs	Cheesy Scrambled Eggs
	Carrots/Celery	Lettuce	Chopped Salad					
	Vegan Hot Dogs	Tomato						
	Cheese	Cheese						
DINNER 4:00 – 7:00	Sausage And Peppers	Brown Sugar Ham	Greek Stuffed Chicken	Rosemary Grilled Pork Chops	Fried Chicken and Waffles	DINNER 4:00 – 6:00	Bruschetta Chicken	Herbed Baked Chicken
	Rolls	Maple Brussel Sprouts	Oregano Roasted Green Beans	Squash Medley	Chicken Gravy		Balsamic Reduction	Roasted Potatoes
	Sauerkraut	Cheesy Cauliflower	Lemon Orzo	Stewed Apples	Spicy Collard Greens		Roasted Zucchini & Squash	Honey Glazed Carrots
	Marinara	Green Bean Almondine	Mixed Veggie Medley	Roasted Potatoes	Mac and Cheese		Green Peas	Roasted Broccoli
	Green Beans			Apple Gravy	Corn Casserole		Scalloped Potatoes	Cheese Calzones
	Squash Medley							
	Coleslaw							

Bravo Week 4 at a Glance

	MON	TUES	WED	THUR
LUNCH 12:00 – 2:00	<p>Cuban Bowl</p> <p>Lime Cilantro Chicken</p> <p>Black Beans</p> <p>Fried Plantains</p> <p>Avocado</p> <p>Salsa</p> <p>Rice</p>	<p>Schwarma</p> <p>Chicken</p> <p>Hummus</p> <p>Pita Bread</p> <p>Garlic Sauce</p> <p>Yellow Rice</p> <p>Marinated Cucumbers and Onions</p> <p>Mixed Veggies</p>	<p>Dip Bar</p> <p>French Onion Dip</p> <p>Buffalo Chicken Dip</p> <p>Spinach Dip</p> <p>Queso</p> <p>Grilled Pita Points</p> <p>Crostini</p>	<p>Nachos</p> <p>Shredded Pork Carnitas</p> <p>Seasoned Impossible Meat</p> <p>Black Bean and Corn Salsa</p> <p>Shredded Cheese</p> <p>Melted Cheese</p> <p>Salsa</p> <p>Guacamole</p> <p>Sour Cream</p> <p>Scallions</p> <p>Olives</p>
DINNER 4:30 – 6:30	<p>Lo Mein Noodle Bowl</p> <p>Shredded Chicken</p> <p>Baby Corn</p> <p>Steamed Cabbage</p> <p>Julienne Carrots</p> <p>Sliced Mushrooms</p> <p>Snow Peas</p>	<p>Breakfast Bowl</p> <p>Scrambled Eggs</p> <p>Tater Tots</p> <p>Chopped Bacon</p> <p>Chopped Sausage</p> <p>Cheese</p> <p>Sautéed Onions/Peppers</p>	<p>Ramen Bowls</p> <p>Soy Broth</p> <p>Soy Marinated Boiled Eggs</p> <p>Bamboo Shoots</p> <p>Seasoned Pork</p> <p>Tofu</p> <p>Shredded Carrots</p> <p>Scallions</p>	<p>Jerk Chicken Bowl</p> <p>Chicken</p> <p>Rice</p> <p>Mixed Veggies</p> <p>Mango Salsa</p> <p>Roasted Sweet Potato</p> <p>Jerk Sauce</p>

Breakfast Week 4 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
7:30 AM – 10:00 AM	MTO Omelets: bacon, ham, onions, peppers, tomatoes, American, cheddar	MTO Omelets: bacon, ham, onions, peppers, tomatoes, American, cheddar	MTO Omelets: bacon, ham, onions, peppers, tomatoes, American, cheddar	MTO Omelets: bacon, ham, onions, peppers, tomatoes, American, cheddar	MTO Omelets: bacon, ham, onions, peppers, tomatoes, American, cheddar			
	Daily Breakfast Sandwich	Daily Breakfast Sandwich	Daily Breakfast Sandwich	Daily Breakfast Sandwich	Daily Breakfast Sandwich			
	Homemade French Toast	Tofu Scramble- Vegan Breakfast Potatoes	Granola Bread Pudding Dark Chocolate Quinoa Breakfast Bowl- Vegan	Vegan Taco Breakfast Skillet Breakfast Potatoes	Homemade French Toast Tofu Scramble- Vegan Breakfast Potatoes			
	Oatmeal Apple Pie Bake- Vegan	Bacon	Breakfast Potatoes	Bacon	Bacon			
	Breakfast Potatoes	Pork Sausage	Bacon	Pork Sausage	Pork Sausage			
	Bacon	Turkey Sausage	Pork Sausage	Turkey Sausage	Turkey Sausage			
	Pork Sausage	Veggie Sausage	Turkey Sausage	Veggie Sausage	Turkey Sausage			
	Turkey Sausage	Scrambled Eggs	Veggie Sausage	Scrambled Eggs	Veggie Sausage			
	Veggie Sausage	White Toast	Scrambled Eggs	White Toast	Scrambled Eggs			
	Scrambled Eggs	Wheat Toast	White Toast	Wheat Toast	White Toast			
	White Toast		Wheat Toast		Wheat Toast			
	Wheat Toast							

Vegetarian Week 4 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 – 2:00	Veggie Sliders LTO Fries	Chickpea Gyros Tzatziki Onions Cucumber and Tomato Salad	Caramelized Onion and Cheese Quesadilla PC: Sour cream and salsa	Vegan Chicken Sandwiches Spicy Mayo LTO	Tofu Satay Chinese Green Beans	BRUNCH 11:00 - 2:00	Pasta Primavera	Buffalo “Chicken” Macaroni & Cheese
DINNER 4:00 – 7:00	Cheese Calzones Marinara	Roasted Butternut Squash Enchiladas w/Mole Sauce and Cheese	Ravioli w/Marinara Sauce	Tuscan Gnocchi Sundried Tomatoes Spinach Parmesan White Wine Cream Sauce	Buffalo Cauliflower And Mozzarella Taquitos	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	Crispy Sesame Tofu Over Lo Mein Noodle Veggie Stir Fry	Mediterranean Stuffed Sweet Potato	Veggie Lover's Baked Rigatoni	Impossible Sloppy Joes Rolls Potato Wedges	BRUNCH 11:00 - 2:00	Mediterranean Couscous	Vegan Meatballs and marinara Pasta
	DINNER 4:00 - 7:00	"Chicken" Scampi Oregano Rice Pilaf	Fried Cauliflower Nuggets Vegan mac and cheese	Pineapple and Chickpea Teriyaki	Vegan Mushroom Bourginon Mashed Potatoes	Falafel Bowls Hummus Greek Chopped Salad Yellow Rice	DINNER 4:00 - 6:00	Grilled Eggplant Napoleon