

Parkside Week 5 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 - 2:00	Minestrone Soup	Chicken Noodle Soup	Mexican Corn Soup	Vegetarian French Onion Soup	Butternut Squash Soup	BRUNCH 11:00 - 2:00	MTO Omelets: bacon, ham, onions, peppers, tomatoes, American, cheddar	MTO Omelets: bacon, ham, onions, peppers, tomatoes, American, cheddar
	Sweet and Sour Chicken	Roast Beef Sandwich	Fish Tacos	Pepper Steak	French Bread Pizzas: cheese and pepperoni		Chicken Pot Pie	Cheesy Taco Pasta
	White Rice	Au Jus	Pineapple Salsa	White Rice	Grilled Asparagus		Cheesy Scrambled Eggs	Vegetable Scrambled Egg
	Stir-fry Veg: bamboo shoots, baby corn, snow peas, peppers	Rolls	Warm Corn and Bean Salsa	Spicy Cabbage	Carrots/celery		Bread Pudding	Bacon
	Ginger and Soy Carrots	Crispy Onions	Corn Shells	Oriental Green Beans	Crispy Wings		Pork Sausage Links	Pork Sausage Link
		French Fries	Lime Wedges	Veggie Lo Mein	Ranch and Buffalo Sauce		Breakfast Ham	Home Fried Potatoes
		Cheese Sauce	Old Bay Chips		French Fries		Smoked Ham	Chocolate Chip Pancakes
		Roasted Broccoli	English Peas				Home Fried Potatoes	French Toast Sticks
							French Toast	
DINNER 4:00 - 7:00	Beef Burgundy	Jerk Chicken	Herb Crusted Pork Cutlets	Baked Herb Chicken	Pasta Bar	DINNER 4:00 - 6:00	Herbed Baked Pork Loin	Chicken Broccoli Fettuccine Alfredo
	Mashed Potatoes	Coconut Rice and Beans	Caciattore Sauce	Rice Pilaf	GF Pasta		Roasted Potatoes	Roasted Brussel Sprouts
	Grilled Asparagus	Sweet Potato Fries	Pasta	Cauliflower Gratin	Sausage Crumbles		Roasted Veggies	Peas & Carrots
	Corn O'Brien	Pineapple Salsa	Parmesan Stuffed Tomatoes	Braised Cabbage	Chicken Seasoned Tofu		Brussel Sprouts	Garlic Bread
		Veggie Medley			Veggies			Cheese Calzones w/Marinara
					Marinara Alfredo			
					Garlic Bread			

Bravo Week 5 at a Glance

	MON	TUES	WED	THUR
LUNCH 12:00 – 2:00	Mediterranean Bar Roasted Red Pepper Hummus Cucumber, Onion, and Tomato Salad Tzatziki Spinach and Feta Dip	Fried Rice Bowl Chicken Tofu Broccoli Carrots Bamboo Shoots Baby Corn Stir-fry Sauce	Stuffed Pasta Bar Tortellini Ravioli Alfredo Marinara Lemon Pepper Chicken Roasted Veggies Parmesan Cheese	Grilled Cheese Station American Cheese Cheddar Cheese Provolone Cheese Vegan Cheese White Bread Wheat Bread Pickles Tomatoes Caramelized Onions
	DINNER 4:30 – 6:30	Loaded Tatchos Tater Tots Bacon Ground Beef Spicy Black Bean Salsa Cheese Sauce Salsa Sour Cream Jalapenos	Mac and Cheese Bar Elbows GF Pasta Cheese Sauce Diced Tomatoes Scallions Steamed Broccoli Ham	Panini Station White or Wheat Bread Ham Turkey Vegan Deli Slices Cheddar American Provolone Vegan Cheee Lettuce Tomato Onion

Breakfast Week 5 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			
	Sweet Potato Hash-Vegan	Waffles	French Toast Sticks	Overnight Chai Oatmeal-Vegan	Waffles			
	Breakfast Potatoes	Breakfast Potatoes	Tofu Scramble w/ Veggies- Vegan	Breakfast Potatoes	French Toast Sticks			
	Bacon	Bacon	Breakfast Potatoes	Bacon	Breakfast Potatoes			
	Pork Sausage	Pork Sausage	Bacon	Pork Sausage	Bacon			
	Turkey Sausage	Turkey Sausage	Pork Sausage	Turkey Sausage	Pork Sausage			
	Veggie Sausage	Veggie Sausage	Turkey Sausage	Veggie Sausage	Turkey Sausage			
	Scrambled Eggs	Scrambled Eggs	Veggie Sausage	Scrambled Eggs	Veggie Sausage			
	White Toast	White Toast	Scrambled Eggs	White Toast	Scrambled Eggs			
Wheat Toast	Wheat Toast	White Toast	Wheat Toast	White Toast				
		Wheat Toast	Wheat Toast	Wheat Toast				

Vegetarian Week 5 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 – 2:00	Butternut Squash and Black Bean Burritos Sour Cream Salsa	Baked Ziti	General Tso's Chickpeas Veggie Fried Rice	Cheese and Veggie Pizza Bagels	Cheesy Broccoli and Rice Bake	BRUNCH 11:00 - 2:00	Macaroni & Cheese	Spinach Ziti Alfredo
DINNER 4:00 – 7:00	Lemon Pasta w/Ricotta, peas, and asparagus	Tofu Tikka Masala Coconut Rice	Jerk Plantains Red Beans and Rice	Chunky Vegetable Paella	Taco Skillet	DINNER 4:00 – 6:00	Vegetable Lo Mein	Tofu and Veggie Burritos

Vegan Week 5 at a Glance

	MON	TUES	WED	THUR	FRI		SAT	SUN
LUNCH 11:00 - 2:00	Impossible Tacos Lettuce Tomato Guacamole	Falafel Bowls Yellow Rice Cucumber Salad	Butternut Pasta w/ Sage Cream Sauce	Impossible Spaghetti and Meatsauce	Chinese Broccoli and Red Chiles in Garlic Sauce Zucchini Noodles	BRUNCH 11:00 - 2:00	Black Bean & Butternut Squash Burrito Salsa	Vegetarian Jambalaya
	Blackened Tofu Caribbean Rice and Beans	Vegan Swedish Meatballs "Buttered" Noodles	Mexican Zucchini Boats	Balsamic Marinated Tofu Roasted Potatoes	Vegan Meatball Subs Roasted Veggies		DINNER 4:00 - 6:00	Veggie Fried Rice