

MidWeek Meal Menus

We serve meals on an 8-week rotating basis in the following order:

Week 1: Beef Tacos

(corn or flour tortillas, cheese, lettuce, tomatoes, salsa, guacamole, black olives)

Week 2: Beef Burrito Bowls

(beef, pinto beans, rice, cheese, lettuce, tomatoes, salsa, guacamole, tortilla chips)

Week 3: Chicken Night

(grilled chicken breasts, roasted potatoes, salad, dressing choices)

Week 4: Soup Night

(beef stew, chicken & rice, salad bar: lettuce, bacon bits, hard boiled eggs, cheese, tomatoes, dressing choices)

Week 5: Baked Potato Bar

(baked potatoes, bacon bits, cheese, broccoli, top-the-tater)

Week 6: Protein Bowl

(rice, sweet potato, lettuce, chicken, steamed veg., tzatziki sauce, black beans, hard boiled eggs, dressing choices)

Week 7: Swedish Meatballs

(swedish meatballs, mashed potatoes, green beans)

Week 8: Chili

(white chicken chili, beef chili, cornbread, honey, butter, sour cream, oyster crackers, cheese)

*A Fruit of the Week will be offered at each meal.