



	PROPOSED CYCLE MENU WEEK 2	*lower calorie option	Updated 3/27/2012	May 21-27, 2012	
	Breakfast	Lunch	Speed Line/Pasta Bar	Dinner	Pastry bar
M O N D A Y	Low Fat Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Breakfast Steak Creamed Beef Biscuits Smoked Sausage, Cheese & Egg Biscuit Hash Brown Potatoes Pancakes/French Toast Maple and Strawberry Syrup Asst Cereals Hot and Cold Asst Breakfast Breads Asst. Bagels Croissants Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Asst Beverages Milk, Skim, 2%, Whole, and Chocolate Fresh Bananas, Pears, Watermelon Raisins Condiments/Spreads	Chicken Noodle Soup Chicken Gravy Bourbon BBQ Meatballs Arroz Con Pollo (Chicken and Rice) Mashed Potatoes Broccoli and Noodles Casserole Sautéed Vegetables Simmered Spinach Mixed Vegetables Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Hamburger/Cheeseburger Beef Hot Dogs BBQ Beef Sandwich Hot Pastrami and Cheese Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Pasta Bar Clam Sauce Tomato Sauce Black Pepper Fettuccini Rotini Pasta	Soup of the Day Turkey Gravy Spicy Curry Chicken Breaded Catfish Fillet Herbed Red Potatoes Steamed Rice Indiana-Styled Fried Cabbage Sautéed Yellow Squash and Onions Simmered Greens Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar	Breakfast Pastry Cherry Danish Glazed Doughnuts Blueberry Muffins Lunch Pastry German Chocolate Cake Yellow Cake/Choc Icing Mini Pecan Tarts Hot Peach Cobbler Chocolate Chip Cookies Oatmeal Cookies Cherry Jello Soft Serve Vanilla/Chocolate Ice Cream toppings
T U E S D A Y	Low Fat Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Sausage Links Creamed Beef Biscuits Ham, Egg, and Cheese on Croissant Hash Browns Pancakes/French Toast Hot Blueberry and Maple Syrup Hominy Grits/Oatmeal Asst Cereals Bagels, Plain, Onion, Raisin Croissants Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Fresh Bananas, Apples, Cantaloupe Raisins Condiments/Spreads	Herb Chicken Tortellini Soup Country Chicken Gravy Shrimp Linguine Alfredo Country Fried Steak Garlic and Cheese Mashed Potatoes Rice Pilaf Vegetable Medley Cauliflower Steamed Spinach Hot White/Wheat Rolls Asst Bread Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Hamburger/Cheeseburger Beef Hot Dogs Burger on Croissant Bun w/ Blue Marble Jack Cheese and Red Onions Fish Sandwich Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Seafood Salad Pasta Bar Tomato Vege Sauce Alfredo Sauce Bowtie Pasta Tri Color Rotini Pasta	Soup of the Day Brown Gravy Roast Beef Honey BBQ Glazed Chicken Ribs Mashed Potatoes Vegetable Rice Pilaf Broccoli Normandy Sautéed Corn Seasoned Green peas Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Breakfast Pastry Jelly Doughnuts Coffee Cake Apple Turn Over Lunch Pastry Sock it to me Cake To Much Chocolate Cake Apple Pie Chocolate Mousse Pie Fruit Cup Sugar Cookies Choc Chip Cookies Soft Serve Vanilla/Chocolate Ice Cream Toppings
W E D N E S D A Y	Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Corned Beef Hash Cream Beef Biscuits Canadian Bacon, Egg and Cheese Sandwich Home Fried Potatoes Pancakes/French Toast Strawberry and Maple Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Asst. Bagels Croissants Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole, and Chocolate Fresh Bananas, Oranges, Honeydew Condiments/Spreads	Beef Noodle Soup Pork Tenderloin w/Orange Glaze Cajun Jambalaya Cream Gravy Macaroni and Cheese Steamed Rice Corn O'Brien Broccoli Whole Green Beans Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings	Hamburger/Cheeseburger Beef Hot Dogs Grilled Cheese Grilled Chicken Sandwich Polish Sausage Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Turkey Salad Pasta Bar Meat Sauce Pesto Sauce Angel Hair Pasta Tri Color Cheese Tortellini	Soup of the Day Chicken Gravy Veal with Mushroom Sauce *Savory Baked Chicken Mashed Potatoes Vegetable Rice Pilaf Sautéed Carrots Chef Vegetables Lima beans Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings Salad Bar Asst Dressings	Breakfast Pastry Cinnamon & Sugar Doughnuts Apple Muffins Sweet Rolls Lunch Pastry Coconut Cake Chocolate Cake Brownies Sugar Cookies Fruit Cocktail Tapioca Pudding Soft Serve Vanilla/Chocolate Ice Cream Toppings

<p>T H U R S D A Y</p>	<p>Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Ham Slices Cream Beef Biscuits Bacon, Egg, and Cheese Sandwich Hash Brown Potatoes Pancakes/French Toast Blueberry and Maple Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Onion, Blueberry Croissants Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole and Chocolate Fresh Bananas, Pears, Kiwi Raisins Condiments/Spreads</p>	<p><i>May Surf and Turf Luncheon</i> Corn and Crab Chowder (choice of two entrees) Strip Steak w/ Red Wine Mushroom Sauce Crab Cakes w/Yorktown Sauce *Sautéed Chicken Breast w/ Fresh Herb and Ginger Roasted New Potatoes w/ Caramelized Onions and Truffle Oil *Carrotty Rice Grilled Zucchini and Squash Green Beans w/ Walnuts Hot White/Wheat Rolls Asst Breads Lunch Coffee/ Fruit Juices Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings * Lower Calorie Option</p>	<p>Speed Line Closed Lunch Meal Hamburger/Cheeseburger Beef Hot Dogs Buffalo Wings Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries/Onion Rings Pasta Bar Cream Sauce Tomato Concasse Penne Rigatos Vermicelli</p> 	<p>Beef Lasagna Provencal Herb Rubbed Chicken Roasted Red Potatoes Vegetable Rice Pilaf Steamed Carrots Green Peas Sautéed Mushrooms Hot White/Wheat Rolls Asst Bread Dinner Garlic Bread Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p> 	<p>Breakfast Pastry Lemon Muffins Cake Doughnuts Peach Kolaches Lunch Pastry Carrot Cake Pineapple Cake w/ Pineapple Frosting Apple Pie Chocolate Cream Pie Sugar Cookies **NY Style Cheese Cake Peaches Lime Jello Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>
<p>F R I D A Y</p>	<p>Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Breakfast Sausage link Cream Beef Biscuits Sausage, Egg, and Cheese Biscuit Hash Brown Potatoes Pancakes/French Toast Strawberry and Maple Syrup Asst Cereals Bagels: Plain, Onion, Blueberry Croissants Coffee/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Asst Beverages Fresh Banana, Pineapple, Pears, Raisins Condiments/Spreads</p>	<p>Chili Grande Soup Chicken Gravy Captain's Seafood Platter Fish, Popcorn Shrimp, Clam Strips *BBQ Chicken Vegetable Fried Rice Buffalo Chips Mixed Vegetables Italian Styled Green Beans Stewed Tomatoes Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Hamburger/Cheeseburger Beef Hot Dogs Grilled Cheese Chopped BBQ Chicken Corn Dogs Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Chicken Sandwich Baked Beans Soup of the Day French Fries Onion Rings Tuna Salad Pasta Bar Chicken Alfredo Italian Sausage Sauce Fettuccine Lemon Pepper Linguini</p>	<p>Soup of the day Chicken Gravy *Southwestern Chicken Wings Tuna Casserole Wild Rice Pilaf Whipped Red Skinned Potatoes Corn on the Cob Lima Beans Fried Okra Hot White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings Soup of Day Onion Gravy</p>	<p>Breakfast Pastry Glazed Doughnuts Cinnamon Rolls Raisin Muffins Lunch Pastry Marble Cake w/Frosting Banana Cake w/Vanilla Frosting Coconut Cream Pie Bread Pudding w/Raisin Fruit Cocktail Chocolate Chips Cookies Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>
<p>S A T U R D A Y</p>	<p>Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Ham Slice Cream Beef Biscuits Breakfast Burrito Home Fried Potatoes Pancakes/French Toast Blueberry and Maple Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Onion, Blueberry Croissants Coffee/Reg/Decaf/Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, 2%, Whole and Chocolate Fresh Bananas, Oranges, Honeydew Raisin Condiments/Spreads</p>	<p>Italian Garden and Chicken Noodle Soup Beef Gravy Hamburger Steaks w/Onion Chicken Tenders Buttered Noodles Steamed Rice Cauliflower and Carrots Combo Brussels Sprouts Green Beans and Mushrooms White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Hamburger/Cheeseburger Beef Hot Dogs Pork Egg Rolls Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Baked Beans Soup of the Day French Fries Onion Rings Chicken Salad Pasta Bar Three Cheese Sauce Tomato/Vegetable Sauce Angel Hair Pasta Tri Color Pasta</p>	<p>Soup of the day Spicy Apricot Glazed Grilled Chicken Breast Southern Fried Tilapia Beef Gravy Wild Rice Mashed Potatoes Simmered Green Beans Seasoned Carrots Steamed Corn on the Cob Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Breakfast Pastry Blueberry Muffins Quick Coffee Cake Sugar Rolls Lunch Pastry Pound Cake Chocolate Cake w/Icing Pecan Pie Banana Cream Pie Cherry Flavored Gelatin Peanut Butter Cookies Sugar Cookies Rice Pudding Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>

<p>S U N D A Y</p>	<p>Asst Yogurt 3 Types Eggs to Order/Soft, Hard Cooked Eggs Omelets to Order Oven Fried Bacon Sausage Patties Cream Beef Biscuits Bacon, Cheese, Egg, on English Muffin Hash Brown Potatoes Pancakes/French Toast Strawberry and Maple Syrup Hominy Grits/Oatmeal Asst Cereals Asst Breakfast Breads Bagels: Plain, Onion, Blueberry Croissants Coffee/Reg/Decaf//Asst Hot Teas/Cocoa Asst Fruit Juices Breakfast Iced Tea Asst Carbonated Beverages Milk, Skim, 2%, Whole and Chocolate Fresh Bananas, Pears, Canteloupe Raisin Condiments/Spreads</p>	<p>Mediterranean Chicken and Lemon Soup Chicken Gravy *Chinese Five Spice Chicken 6oz Strip Steaks w/Peppers Rice Pilaf Seasoned Steak Fries Green Beans Succotash Sautéed Mushrooms/Onions Hot White/Wheat Rolls Asst Bread Dinner Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Hamburger/Cheeseburger Beef Hot Dogs Bacon CheeseBurger Grilled Cheese Sandwich Condiments Sandwich Bar Potato Chips/Doritos Chili Con Carne Chicken Strips Baked Beans Soup of the Day French Fries Onion Rings Egg Salad Pasta Bar Clam Sauce Italian Vege Sauce Fettuccini Ziti</p>	<p>Soup of the Day Onion Gravy *Baked Pork Chop Home-Style Meat loaf Steamed Rice Mashed potatoes Asparagus Okra Tomato Gumbo Zucchini White/Wheat Rolls Asst Breads Lunch Coffee/Reg/Decaf/Asst Orange Juice, Fruit Juices L/D Iced Tea Asst Carbonated Beverages Asst Fresh Fruits Salad Bar Asst Dressings</p>	<p>Breakfast Pastry Pecan Rolls Apple Danish Banana Bread Lunch Pastry Red Velvet Cup Cakes w/Cream Cheese Frosting Lemon Cake w/Lemon Icing Boston Cream Pie Apple Pie Choc Pecan Cookies Oatmeal Cookies Orange Gelatin Soft Serve Vanilla/Chocolate Ice Cream Toppings</p>
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