



Breakfast Menu

Monday

Buckwheat Pancakes:

Divine fluffy buckwheat pancakes with added flax seeds leaves a fine nutty flavor. Topped with fresh sweet sliced strawberries and drizzled with a honeyed maple syrup.

Egg in a Nest:

Savory scrambled eggs mixed with sautéed bell peppers and onions plopped onto a crisp bed of shredded potatoes. Topped with a kick of pepper jack cheese. Garnished with a parsley sprig

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Lunch Menu

Monday

Spaghetti and Meatballs

Hefty whole-wheat spaghetti topped with a rich robust marinara alongside delectable seasoned meatballs.

Garnished with a basil leaf

Turkey and Cheese Whole

Wheat Pita:

Fresh carved turkey slices and gooey cheddar cheese with avocado slices, tomato slices, and sprigs of lettuce layered inside a warm whole-wheat pita pocket. Garnished with a parsley sprig

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Breakfast Menu

Tuesday

Egg McMuffin Sandwich:

A pan-fried egg topped with thinly sliced colby jack cheese and optional sautéed spinach on a toasted whole-wheat thin bun. Garnished with an orange slice.

Power Packed Oatmeal:

Warm nutritious whole grain rolled oats infused with brown sugar topped with chopped walnuts, plump raisins, finely ground cinnamon and a dollop of peanut butter (optional). Garnished with blueberries

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Lunch Menu

Tuesday

Steak Fajitas:

Spicy succulent steak strips grilled medium-well basted with a tangy chipotle sauce topped with fire-roasted chopped bell peppers, chopped onions, and chopped serrano peppers. Choice of warm whole grain flour or corn tortillas. Garnished with chipotle salsa.

Chicken and Cheese Quesadilla:

Marinated grilled chicken strips lying on a creamy bed of pepper jack cheese on top of a whole-wheat tortilla topped with guacamole and sour cream. Garnished with a cilantro sprig

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Breakfast Menu

Wednesday

Breakfast Burrito:

2 fluffy scrambled eggs with sautéed bell pepper, crisp turkey bacon mixed with melted cheddar cheese served on a large whole-wheat tortilla. Garnished with an orange slice

Pumpkin Spice Waffles:

Pumpkin puree mixed with whole-wheat flour, spices and other luscious ingredients to make 2 divine waffles. Topped with a scoop of whipped butter and dusted with powdered sugar. Garnished with a melon slice.

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Lunch Menu
Wednesday

Broccoli and Chicken Pasta:

Fresh steamed broccoli florets tossed with seasoned roasted chicken cubes laden over whole-wheat pasta topped with creamy garlic alfredo sauce. Garnished with parsley

Black Bean Soup:

Nutrient-rich black beans mixed with ground turkey, chopped bell pepper, chopped onion, diced olives, diced jalapeño and minced garlic for a robust soup topped with a spoonful of cilantro pesto and a dollop of sour cream.
Garnished with chopped green onions.

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