



Week #1						
<p>11/1/2009 Sunday</p> <p><u>BRUNCH 11am-2:30pm</u> scrambled eggs sausage gravy / biscuits tri-taters sausage links beef stroganoff buttered noodles carrots</p> <p><u>Brunch DEMO BAR 11-2:30 pm</u> french toast</p> <p>Belgium Waffle Bar/Cereal Bar Asst. Pastries/Bagels/Breads/Donuts ASST. Nutrigrain Bars, Granola, Oatmeal pc's, Cr. of Wheat pc's, Poptarts</p>	<p>11/2/2009 Monday</p> <p><u>BREAKFAST 7 am - 10:30 am</u> scrambled eggs sausage gravy / biscuits hash browns baked ham</p> <p>Belgium Waffle Bar/Cereal Bar Asst. Pastries/Bagels/Breads/Donuts ASST. Nutrigrain Bars, Granola, Oatmeal pc's, Cr. of Wheat pc's, Poptarts</p> <p><u>Breakfast DEMO BAR 7 am - 10:00 am</u> omelets</p> <p>Healthy "U" "U" blueberry pancakes "U" fresh fruit cup "U" sugar free syrup</p> <p>Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI</p> <p><u>LUNCH 10:30 am - 2:00 pm</u> buffalo wings curly fries corn on cob</p> <p><u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> scallop radiatore scampi</p> <p>Healthy "U" "U" four bean enchilada's "U" steamed veggies "U" tossed salad</p> <p>Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI</p> <p><u>DINNER 3:31 pm - 7:00 pm</u> meatloaf w/gravy whipped potatoes cauliflower</p> <p><u>Dinner DEMO BAR 4:30-6:30pm</u> Peirogies</p> <p>Healthy "U" "U" spicy raspberry chicken breast "U" brown rice "U" steamed veggies</p>	<p>11/3/2009 Tuesday</p> <p><u>BREAKFAST 7 am - 10:30 am</u> scrambled eggs sausage gravy / biscuits tater tots bacon</p> <p>Belgium Waffle Bar/Cereal Bar Asst. Pastries/Bagels/Breads/Donuts ASST. Nutrigrain Bars, Granola, Oatmeal pc's, Cr. of Wheat pc's, Poptarts</p> <p><u>Breakfast DEMO BAR 7 am - 10:00 am</u> chocolate chip pancakes</p> <p>Healthy "U" "U" chili scramble "U" fresh fruit cup "U" whole wheat toast</p> <p>Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI</p> <p><u>LUNCH 10:30 am - 2:00 pm</u> hot turkey sandwich mashed potatoes w/gravy Broccoli almondine</p> <p><u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> hot sausage cavatappi ramano</p> <p>Healthy "U" "U" tasty Hawaiian pockets "U" corn salad w/lime cilantro dressing</p> <p>Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI</p> <p><u>DINNER 3:31 pm - 7:00 pm</u> lemon pepper cod au gratin potatoes italian blend</p> <p><u>Dinner DEMO BAR 5 - 6:30 pm</u> chicken Picatta with rice pilaf</p> <p>Healthy "U" "U" Chicken marsalla "U" angel hair pasta "U" steamed veggies</p>	<p>11/4/2009 Wednesday</p> <p><u>BREAKFAST 7 am - 10:30 am</u> scrambled eggs sausage gravy / biscuits home fries kielbasa</p> <p>Belgium Waffle Bar/Cereal Bar Asst. Pastries/Bagels/Breads/Donuts ASST. Nutrigrain Bars, Granola, Oatmeal pc's, Cr. of Wheat pc's, Poptarts</p> <p><u>Breakfast DEMO BAR 7 am - 10:00 am</u> egg/ch/sausage patty croissants</p> <p>Healthy "U" "U" french toast sticks "U" sugar free syrup "U" fresh fruit cup</p> <p>Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI</p> <p><u>LUNCH 10:30 am - 2:00 pm</u> chicken nuggets steak fries mixed veggies</p> <p><u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> sitr fried pork with brown rice</p> <p>Healthy "U" "U" salmon salad "U" honey & rye bran sticks</p> <p>Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI</p> <p><u>DINNER 3:31 pm - 7:00 pm</u> marinated chicken breasts onion rings carrots</p> <p><u>Dinner DEMO BAR 5 - 6:30 pm</u> shrimp linguini alfredo</p> <p>Healthy "U" "U" greek pork cutlet "U" wild rice & pepper salad "U" steamed veggies</p>	<p>11/5/2009 Thursday</p> <p><u>BREAKFAST 7 am - 10:30 am</u> scrambled eggs sausage gravy / biscuits hash browns baked steak tenders</p> <p>Belgium Waffle Bar/Cereal Bar Asst. Pastries/Bagels/Breads/Donuts ASST. Nutrigrain Bars, Granola, Oatmeal pc's, Cr. of Wheat pc's, Poptarts</p> <p><u>Breakfast DEMO BAR 7 am - 10:00 am</u> french toast</p> <p>Healthy "U" "U" scrambled egg whites "U" fresh fruit cup "U" cinnamon oat bran muffin</p> <p>Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI</p> <p><u>LUNCH 10:30 am - 2:00 pm</u> baked cod loins parsely buttered potatoes winter mix</p> <p><u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> beef quesadillas</p> <p>Healthy "U" "U" blackbean tortilla pie "U" multigrain bread "U" orzo w/spinach and red peppers</p> <p>Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI</p> <p><u>DINNER 3:31 pm - 7:00 pm</u> baked honey ham sweet potatoes green beans</p> <p><u>Dinner DEMO BAR 5 - 6:30 pm</u> Ginger pork stir fry w/ jasmine rice</p> <p>Healthy "U" "U" creamy tomato pasta "U" whole wheat bread "U" garden salad</p>	<p>11/6/2009 Friday</p> <p><u>BREAKFAST 7 am - 10:30 am</u> scrambled eggs sausage gravy / biscuits home fries sausage patties</p> <p>Belgium Waffle Bar/Cereal Bar Asst. Pastries/Bagels/Breads/Donuts ASST. Nutrigrain Bars, Granola, Oatmeal pc's, Cr. of Wheat pc's, Poptarts</p> <p><u>Breakfast DEMO BAR 7 am - 10:00 am</u> blueberry pancakes</p> <p>Healthy "U" "U" oatmeal bar "U" fresh fruit cup "U" cinnamon oat bran muffin</p> <p>Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI</p> <p><u>LUNCH 10:30 am - 2:00 pm</u> chicken & dumplings biscuits sautéed zucchini</p> <p><u>Lunch DEMO BAR 11:30 am - 1:30 pm</u> steak salad</p> <p>Healthy "U" "U" pita pizzas "U" southwestern black bean salad</p> <p>Pizza / Pasta / Deli Bars 11:00 am - 7:00 pm MON - FRI</p> <p><u>DINNER 3:31 pm - 7:00 pm</u> baked steak scalloped potatoes corn</p> <p><u>Dinner DEMO BAR 5 - 6:30 pm</u> hamburgers bar with a variety of cheeses and toppings</p> <p>Healthy "U" "U" balsamic chicken & peppers "U" caribbean rice & peas "U" steamed veggies</p>	<p>11/7/2009 Saturday</p> <p><u>BRUNCH 11am-2:30pm</u> scrambled eggs sausage gravy / biscuits tater tots bacon chicken fillet sandwich Mac And Cheese spinach</p> <p><u>Brunch DEMO BAR 11-2:30 pm</u> omelets</p> <p>Belgium Waffle Bar/Cereal Bar Asst. Pastries/Bagels/Breads/Donuts ASST. Nutrigrain Bars, Granola, Oatmeal pc's, Cr. of Wheat pc's, Poptarts</p> <p><u>~ Pizza / Pasta / Deli bars ~</u> <u>~11:00am-6:30pm Sun & Sat~</u></p>