



BREAKFAST

LUNCH

DINNER

MONDAY
3/4

Plant Forward: Garden vegetable stew, Mediterranean spinach & cheese panini with side of corn & green beans

Meatloaf with side of edamame succotash and green beans, broccoli & cheese soup

TUESDAY
3/5

Ham & spinach omelet with a side of bread pudding and a red apple

Egg noodle bowl with vegetable ratatouille and baked herb chicken, and a glass of skim milk

Salad bowl w/ assorted veggies, splash of olive oil & vinegar w/ roasted red skin potatoes & cup of black bean soup

WEDNESDAY
3/6

Oatmeal with a boiled egg and fresh broccoli florets with a glass of skim milk

Plant Forward: Cavatappi pasta w/ spinach, broccoli florets, & alfredo sauce w/ artichoke green bean palm salad

Sliced roasted turkey with a cup of sweet potato quinoa chili and a side of roasted italian vegetables

THURSDAY
3/7

Spinach and cheese omelet, grits, whole grain toast with peanut butter

Roasted eggplant with pita chips, roasted potato medley and a side of couscous chickpea salad

New England clam chowder with snapped peas and crinkle cut carrots and a glass of skim milk

FRIDAY
3/8

Grits, scrambled eggs, a bowl of yogurt sprinkled with granola, and an apple

Plant Forward: Spinach & cheese omelet with a side of fresh green beans and a cup of tomato lentil masala soup

Fresh vegetable couscous with steamed cabbage and a cup of chicken noodle soup

SATURDAY
3/9

Roasted Spanish chicken with fresh broccoli florets and a glass of skim milk

Penne pasta with asparagus with a spring green salad and a red apple

SUNDAY
3/10

Breakfast ham with scrambled eggs and a bowl of yogurt sprinkled with granola

Vegetable pot pie with a cup of chicken gumbo soup and a fresh apple



BREAKFAST

LUNCH

DINNER

MONDAY
3/11

TUESDAY
3/12

WEDNESDAY
3/13

THURSDAY
3/14

FRIDAY
3/15

SATURDAY
3/16

SUNDAY
3/17



BREAKFAST

LUNCH

DINNER

MONDAY
3/18

Bowl of strawberry yogurt sprinkled with granola with oven roasted tomatoes and a boiled egg

Plant Forward: Grilled portabello burger with a cup of chili bean soup and a fresh apple

Chicken poblano soup with fresh asparagus, black bean rice, and whipped mashed potatoes

TUESDAY
3/19

Oatmeal with scrambled eggs, grits, and a glass of skim milk

Baked cod with sweet potato pilaf, fresh asparagus, and corn

Turkey burger with a slice of cheese on a wheat bun, crinkle cut carrots and edamame succotash

WEDNESDAY
3/20

Ham, cheese, & spinach omelet with fresh broccoli florets and an apple

Plant Forward: Cauliflower steak with tomato & olive relish, mashed potatoes, fresh green beans, and black eyed peas

Vegetable cheese bake with red bean ratatouille and roasted brussels sprouts

THURSDAY
3/21

Grits, scrambled eggs, and a bowl of yogurt sprinkled with granola

Blueberry buttermilk pancakes with honey baby carrots and red, white, and blue fruit & vegetable parfait

Bowtie noodles with sauteed peppers and chicken strips; roasted vegetables and fried green tomatoes

FRIDAY
3/22

Buttermilk pancakes, a bowl of yogurt sprinkled with granola, and an apple

Plant Forward: Vegan chili with collard greens and a baked potato; red, white, and blue fruit & vegetable parfait

Lemon baked fish with mashed red skin potatoes, crinkle cut carrots, and white corn

SATURDAY
3/23

Breakfast ham, scrambled eggs, and oatmeal with a glass of skim milk

Roasted mushroom & asparagus risotto, with honey roasted carrots, and spring green salad with assorted veggies

SUNDAY
3/24

Blackened chicken thighs with baked sweet potato and spring green salad with assorted vegetables

Turkey burger with a slice of cheese on a wheat bun, sugar snap peas, and roasted potato medley



BREAKFAST

LUNCH

DINNER

MONDAY
3/25

Belgian waffle with a boiled egg and a bowl of strawberry yogurt sprinkled with granola

Plant Forward: Grilled portabello burger w/ a slice of cheese on a wheat bun, corn cobbette & sweet potato quinoa chili

Orange steamed fish with fresh yellow squash & onions, a baked potato, and spring green salad w/ assorted veggies

TUESDAY
3/26

Ham, spinach, & cheese omelet with an apple and a glass of skim milk

Grilled salmon with edamame succotash and red skin potatoes

Vegan beefless stew and romaine lettuce salad with assorted vegetables

WEDNESDAY
3/27

Oatmeal with scrambled eggs, an apple, and a glass of skim milk

Plant Forward: Artichoke, white bean, and potato stew; corn and sugar snap peas with fruit smoothie

Herb baked chicken with collard greens, snapped field peas, and crepe with mixed fruit

THURSDAY
3/28

Veggie omelet, bowl of yogurt sprinkled with granola, and an apple

Plant Forward: Black bean and tomato stuffed sweet potato, white basmati rice, and a cup of tomato lentil masala soup

Turkey burger with a slice of cheese on a wheat bun, fresh broccoli florets, and homestyle apples

FRIDAY
3/29

Bowl of yogurt sprinkled with granola, boiled egg and fresh broccoli florets

Plant Forward: Veggie omelet with a red bean rice salad and a red, white, and blue parfait with mixed fruit

Baked cod with fresh zucchini & onions and a cup of tomato basil soup

SATURDAY
3/30

Ham and spinach omelet with sweet potato pilaf, an apple, and a glass of skim milk

Vegetable pot pie with roasted black beans & corn jasmine rice