



**BREAKFAST**

**LUNCH**

**DINNER**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**  
**11/08**

**SATURDAY**  
**11/09**

**SUNDAY**  
**11/10**

Pesto chicken over salad mix, hummus, kalamata olives, mushrooms, and tomatoes, with a side of fresh fruit and a glass of skim milk

Red beans and rice, honey carrots, cottage cheese with fresh fruit

Boiled egg on toast with hummus, tomato, and onion, with side of mandarin oranges and a glass of skim milk

Chicken kabob over salad mix with hummus, kalamata olive, feta crumbles, with a side of fresh fruit



## BREAKFAST

## LUNCH

## DINNER

**MONDAY**  
**11/11**

Yogurt topped with granola, fresh fruit, boiled egg

Blackbean burger on whole wheat bun, topped with sauteed mushroom, lettuce, tomato, and blue cheese crumbles, with a side of fresh fruit

Lemon pepper cod with a side of green beans and mashed potatoes, side of fresh fruit, glass of skim milk

**TUESDAY**  
**11/12**

Scrambled eggs with oven roasted tomatoes over whole wheat toast, fresh fruit, and a glass of skim milk

Salmon with asparagus over rice, with a Pineapple Mango smoothie

Vegetable stir fry noodles, grilled chicken breast, fresh fruit, a glass of skim milk

**WEDNESDAY**  
**11/13**

Omelette with green peppers, mushrooms, and cheese, side of fresh fruit, a glass of skim milk

Bowl of Cioppino soup, roasted veggies and edamame, whole wheat roll, side of fresh fruit, glass of skim milk

Pierogies, salad with carrots, tomatoes, cucumbers, sunflower seeds, egg, pineapple, and blue cheese crumbles

**THURSDAY**  
**11/14**

Hardboiled eggs over whole wheat toast, broccoli florets, yogurt topped with fresh fruit

Bowl of Butternut Squash & Apple soup, lemon chicken breast, baked potato with sprinkle of cheese

Chicken burger on whole wheat bun with sauteed peppers, onions, and mushrooms and cheese, tomato, lettuce, side of fresh fruit

**FRIDAY**  
**11/15**

Scrambled eggs with vegan chorizo, squash medley, banana, glass of skim milk

Mango Pork, roasted potatoes, side salad with tomatoes, onions, and shredded cheese, side of fresh fruit

Quinoa bowl with salad mix, grilled chicken strips, roasted brussel sprouts, dried cranberries, sunflower seeds, blue cheese crumble, side of fresh fruit

**SATURDAY**  
**11/16**

Yogurt topped with banana, blueberries, cinnamon, boiled egg on whole wheat toast, broccoli florets

Catfish almonidine with edamame succotash, vegetable tortellini, side of fresh fruit, glass of skim milk

**SUNDAY**  
**11/17**

Quiche, ethiopian cabbage, bowl of fresh fruit

Salad with quinoa, edamame, dried cranberries, mushrooms, cucumbers, onion, hummus, shredded cheese, side of fresh fruit



## BREAKFAST

## LUNCH

## DINNER

**MONDAY**  
**11/18**

Whole wheat toast with peanut butter and banana, boiled egg, glass of skim milk

Pita with lamb, tzatziki, lettuce, tomato, onions, side of fresh fruit

Bowl of Tomato Lentil soup, sandwich with hummus, ham, lettuce, tomato, onion, slice of swiss cheese, side of fresh fruit

**TUESDAY**  
**11/19**

Scrambled eggs, oven roasted tomatoes, side of yogurt with granola and fresh fruit

Stuffed portabella mushroom, scoop of rice topped with grilled chicken strips and edamame, blueberry banana smoothie

Roasted vegetable pasta, chicken salad on bed of lettuce, side of fresh fruit, glass of skim milk

**WEDNESDAY**  
**11/20**

Omelette with green bell peppers, mushrooms, onions, shredded cheese, banana, glass of skim milk

Fish taco, roasted cauliflower, side of fresh fruit with glass of skim milk

Quinoa bowl with spinach, baked chicken, sauteed mushrooms, onions, tomatoes, cucumbers, hummus, and crumbled feta, and kalamata olives, side of fresh fruit

**THURSDAY**  
**11/21**

Oatmeal topped with apple slices, cinnamon, peanut butter, glass of skim milk

Sauteed vegetables with couscous, topped with grilled chicken strips, blueberry banana smoothie

Sandwich on whole wheat bread with slice of swiss cheese, turkey, tomatoes, onions, lettuce, hummus, pickled jalapenos, side of fresh fruit

**FRIDAY**  
**11/22**

Scrambled eggs with vegan chorizo, salsa, broccoli florets, banana, glass of skim milk

Chicken fajitas with guacamole and salsa over spring mix salad, shredded cheese, roasted red potatoes, side of fresh fruit

Spicy Asian Haddock over quinoa, roasted brussel sprouts, fresh fruit, glass of skim milk

**SATURDAY**  
**11/23**

Boiled egg with hummus over whole wheat toast, cup of garden vegetable stew, fresh fruit, glass of skim milk

Veggie burger on whole wheat bun, blue cheese crumbles, green peppers, sauteed onions, tomatoes, side of fresh fruit

**SUNDAY**  
**11/24**

Chicken breast with pineapple relish over spring mix, oatmeal with banana slices and cranberries, cinnamon, glass of skim milk

Catfish Almondine, salad with chickpeas, crumbled feta, mushrooms, tomatoes, kalamata olives, fresh fruit, glass of skim milk



## BREAKFAST

## LUNCH

## DINNER

**MONDAY**  
**11/25**

Scrambled egg with vegan chorizo, sliced apples and cinnamon over whole wheat toast, glass of skim milk

Butter Chicken over rice, roasted vegetables, fresh fruit, glass of skim milk

Spicy Asian Haddock, green beans, roasted potatoes, fresh fruit, glass of skim milk

**TUESDAY**  
**11/26**

Yogurt topped with fresh fruit, cinnamon, granola, boiled egg

Peruvian roasted chicken, Redskin potatoes, strawberry feta and spinach salad, glass of skim milk

Korean BBQ chicken over spinach and quinoa, carrots, celery, hummus, glass of skim milk, fresh fruit

**WEDNESDAY**  
**11/27**

Breakfast taco with eggs, sauteed peppers and onions, green onions, yogurt topped with apple slices and cinnamon

Spring mix salad topped with cranberries, tomato, cucumber, onions, sunflower seeds, blue cheese crumble, quinoa, baked tofu, fresh fruit

Outlaw chicken, side salad topped with cucumbers, tomatoes, sauteed mushrooms, fresh fruit

**THURSDAY**  
**11/28**

Eggwhite omelette with peppers, onions, shredded cheese, mushrooms, side of yogurt topped with fresh fruit

Portobello burger on whole wheat bun with slice of cheese, sauteed onions, spring mix, tomato, side of ethiopian cabbage, pineapple mango smoothie

Bowl of Chicken Poblano soup, whole wheat roll, hummus, carrots, broccoli, peppers, side of yogurt, fresh fruit

**FRIDAY**  
**11/29**

Boiled egg, whole wheat toast with peanut butter, sliced banana, cinnamon, glass of skim milk

Lemon pepper cod over spinach, cup of butternut squash soup, fresh fruit, side of yogurt

Baked sweet potato with shredded cheese, onions, sliced cucumbers, tomatoes, fresh fruit, glass of skim milk

**SATURDAY**  
**11/30**

Oatmeal with apple, cinnamon, peanut butter, glass of skim milk, side of carrots and hummus

Chicken burger over salad mix, slice of cheese, side of greenbeans, yogurt topped with fresh fruit

**SUNDAY**  
**12/01**