

**SUNDAY**

**Lunch: Steak Tacos**

Sliced steak, tomatoes, onions, shredded lettuce, cheese,  
and sour cream in corn tortillas

**Dinner: Lasagna**

Classic beef lasagna,  
served with sweet corn and garlic bread

**MONDAY**

**Lunch: Chicken Fried Rice**

Chicken fried rice with peas, carrots,  
and green onions

**Dinner: Hungarian Goulash**

Stew beef, onions, yellow bell pepper, carrots, potato, and tomatoes in  
thick beef broth over pasta topped with sour cream and served with garlic bread

**TUESDAY**

**Lunch: Chicken Tortilla Soup**

Chicken, avocado, onion, peppers, corn, and beans in a tomato chicken broth  
topped with cilantro, sour cream, tortilla strips, and shredded cheese

**Dinner: Tuscan Chicken**

Chicken thighs in a creamy tomato and spinach sauce,  
served over pasta with chefs' vegetables

**WEDNESDAY**

**Lunch: Asian Chicken Sliders**

Crispy chicken tossed in a mild dill buffalo sauce, Asian slaw, on brioche slider rolls,  
served with Japanese cucumber salad

**Dinner: Beef & Broccoli**

Chinese beef and broccoli in a rich beef sauce,  
served with rice

**THURSDAY**

**Lunch: Sesame Crusted Tuna Poke Bowl**

Ahi tuna sesame crusted, pickled veggies, green onions, avocado, cucumber, spicy mayo, and sesame seeds over sushi rice

**Dinner: Fried Pork Chops**

Breaded and fried pork chops, served with au gratin potatoes and French cut green beans

**FRIDAY**

**Lunch: Turkey Wrap**

Shaved deli turkey, lettuce, tomato, onion, and chopped bacon with a lime avocado aioli in a wrap, served with tater tots

**Dinner: Southern Fried Chicken**

Fried chicken served with coleslaw and mac 'n' cheese

**SATURDAY**

**Lunch: Potatoes O'Brien**

Diced potatoes, onions, bell peppers sauteed and topped with a fried egg and crumbled bacon, served with fresh fruit

**Dinner: Stuffed Bell Peppers**

Ground beef, rice in tomato sauce stuffed into bell peppers topped with shredded cheese then baked, served with chef's vegetables