

SUNDAY

Lunch: Egg Salad Sandwich

Delicious egg salad on wheat bread with micro greens and tomato, served with fresh fruit

Dinner: Spinach Artichoke Bacon Cheeseburger

Cheeseburger with fresh made artichoke dip, bacon, and provolone served with a fresh cucumbers tomato salad

MONDAY

Lunch: Mahi Mahi Taco

Two Mahi mahi tacos on crunchy cabbage slaw, topped with pineapple salsa, queso cheese, and avocado, all in a corn or flour tortilla served with Mexican street corn (elote) and lime wedges

Dinner: Surf n Turf

Marinated tender steak grilled with garlic butter shrimp served with loaded baked potato, and garlic broccoli and red peppers

TUESDAY

Lunch: Grilled Chicken and Cheese Sandwich

Grilled cheese on sourdough with Cheddar and pepperjack cheese, Grilled Chicken, bacon, avocado, tomato, and garlic aioli, served with a creamy broccoli salad loaded with bacon, dried cranberries, red onion and cheddar cheese

Dinner: Southwest Beefy Skillet

Ground beef, sweet peppers, onions, fire roasted corn, and cheesy slice potatoes, topped with sour cream and chives served with fresh sliced avocado

WEDESDAY

Lunch: Chili Cheese Dogs

Hot dogs, with cheesy chili, diced onion, shredded cheese and Dijon mustard all on a bun served with potato salad

Dinner: Sloppy Joe

Sauced up ground beef on a brioche bun served with fresh vegetables

THURSDAY

Lunch: Tostada Bar

Tostada with refried beans, ground beef or Shredded Chicken, with a variety of toppings

Dinner: Honey Garlic Shrimp bowl

Shrimp with Bell peppers, onions, and garlic sauteed in a honey Sauce over white rice topped with extra sauce and sesame seeds served with snap peas

FRIDAY

Lunch: BLT Crispy Chicken Salad

Iceberg lettuce with carrot, cabbage topped with bacon, cherry tomatoes, cheddar jack cheese, and ranch or honey mustard dressing

Dinner: Spaghetti

Beef bolognese over Spaghetti noodles topped with fresh parmesan cheese and parsley, served with corn on the cob and garlic bread

SATURDAY

Lunch: Teriyaki Chicken Bowl

Chicken thigh marinated in Teriyaki sauce then grilled and served over cilantro lime rice, topped with teriyaki sauce and sesame seeds

Dinner: Stuffed Manicotti

Manicotti Stuffed with ricotta, mozzarella, fresh herbs and Italian seasoning, then topped with marinara sauce, parmesan cheese and parsley served with garlic bread and an Italian salad