



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Baked tomato egg cup	Fruit smoothie	Greek yogurt and fig bagel	Hash brown	Cheese everything bagel
AM Snack	Egg in a hole	Spinach quiche	Bean green salsa burrito	Egg and turkey croissant	Spinach avocado quesadilla
Lunch	Chicken tikka masala	Pizza	Chicken bacon ranch casserole	Fried rice and chicken	Chicken caprese sub
PM Snack	Mediterranean nachos	Pepperoni Stromboli	Chicken wings	Chicken empanadas	Brie and apple skewers

* Vegetarian Options Available