

**WJU
Week 4**

Lunch		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stock Pot								
Soup	1	Beef Noodle	Beef Lentil	Chicken Rice	Chicken Noodle	Beef Barley	Chef's Choice	Chef's Choice
Soup	2	Red Pepper and Chedd	Mulligatowy	Stuffed Cabbage	Cheddar Ale	Taco Soup		
Soup	3	Sweet Pot and Parsnip	Vegetable Soup	Cream Of Spinach	Veg. Gumbo	Butternut Squash		
Breakfast			Breakfast Bowl					
Meat	1	Sausage Link	Sausage Gravy/Biscuit	Bacon	Sausage Patty	Sausage Link	Ham	Sausage Patty
Griddle	2	French Toast	Crumbled Sausage	Pancakes	Pancake	French Toast	Pancakes	French Toast
Starch		Tots	Home Fries/ Onions/Pepper	Cheesy Potatoes	Triangle Patty	Home Fries	Potatoes O'Brien	Cheesy Potatoes
Egg		Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Breakfast Muffin	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
		Oatmeal Bar	Grits Bar	Overnight Oats	Oatmeal Bar	Grits Bar	Overnight Oats	Oatmeal Bar
Lunch								
Entrée	1	Italian Sausage Hoagie	Cheesesteak	Taco Bar	Bone In Chicken	Fried Fish	Buffalo Turkey Burger	Sloppy Joes
Entrée	2	Ravioli and Marinara	Bruschetta Chix Pasta	Chix and Beef	Beef Noodles	Mac and Cheese	Veg. Du Jour	Veg Du Jour
Starch		Baked Beans	Twirl Fries	Spanish Rice	Garlic Mashed Potatoes	Baked Potatoes		
Vegetable	1	Swiss Chard	Broccoli	Mexican Corn	Carrots	Roasted Tomatoes		
Vegetable	2	Beets	Tomato and Pepper	Brussel Sprouts	Eggplant	Edamame		
Whole Body								
Bravo								
		Buffalo Chicken Salad	Pancake Bar	Deconstructed Sushi	Sausage Pepper Pasta	Chicken Salad Wrap	Closed	Closed
		Four Way Cinn. Chili	Pretzel Bar	Potsticker	Spinach Cran Salad	Closed	Closed	Closed
Grill Special								
		Grill Option	Hotdog Bar	Handbread/Grill Chix	Grill Option	Grill Option	MTO Eggs	MTO Eggs
		Beef or Chicken Kebob	Grill Option	Grill Option	Spicy Korean Sand	Grilled Wing Bar		
Salad Special								
		Fruit and Yogurt	Fruit and Yogurt	Fruit and Yogurt	Fruit and Yogurt	Fruit and Yogurt	Fruit and Yogurt	Fruit and Yogurt
Baker's Special								
		Donut Holes	Scone Bites	Mini Muffins	Asst. Donuts	Coffeecake		
Pizza								
		Pizza/ Pasta	Pizza Bowl Quinoa	Baked Ziti	Pizza/Pasta	Pizza/ Pasta		
		Smores Bar	Pizza/Pasta	Pizza/Pasta	Pizza Bagel	Closed		
Dinner					Breakfast for Dinner			
Parkside Diner								
Entrée	1	Bourbon Cherry Pork	Carved Beef	Fried Ravioli	Scrambled Eggs	Clam Strips	Meatloaf	Brushchetta Chicken
Entrée	2	Penne with Kale	Shrimp Diablo	Italian 8 cut chicken	Baked French Toast	Pierogies	Fried Chicken	Sundried Tomato Pasta
Starch		Garlic Mashed	Wild Rice	Roast Potatoes	Sausage Links	Saffron Rice	Mashed Potatoes	Oven Roasted Potatoes
Vegetable	1	Montreal Veg	Asparagus	Zucchini	Tots	Mushroom and Peppers	Corn	Green Beans
Vegetable	2	Snow Peas	Butternut Squash	Succotash	Sauteed Spinach	Peas	Roasted Carrots	Broccoli and Cauliflower
Whole Body					Roasted Vegetables			