

**WJU**  
**Week One**

Lunch		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stock Pot								
<b>Soup</b>	<b>1</b>	Chicken Noodle	Chicken Rice	Chicken Noodle	Chicken Rice	Chicken Noodle	Chef's Choice	Chef's Choice
<b>Soup</b>	<b>2</b>	Stuffed Pepper	Kale, Chrizo,Potato Soup	Italian Wedding Soup	Cream of Asparagus	New England Clam		
<b>Soup</b>	<b>3</b>	Veg and Herb Chowder	Roasted Red Pepper	Veg. Vegetable Soup	Tomato Basil	Veg. Kale Soup		
<b>Breakfast</b>								
<b>Meat</b>	<b>1</b>	Ham	Sausage Gravy/Biscuit	Bacon	Sausage Patty	Sausage Link	Turkey Bacon	Ham
<b>Griddle</b>	<b>2</b>	Pancakes	Crumbled Sausage	Blueberry Pancakes	Baked French Toast	Pancakes	Captn. Crunch French	Chocolate Chip Pancake
<b>Starch</b>		Home Fries (Bakers)	Home Fries/ Onions/Pepper	Cheesy Potatoes	Tots	Potato O'Brien	Cheesy Potatoes	Tots
<b>Egg</b>		Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Breakfast Slider	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
		Oatmeal Bar	Grits Bar	Overnight Oats	Oatmeal Bar	Grits Bar	Overnight Oats	Oatmeal Bar
<b>Lunch</b>								
<b>Entrée</b>	<b>1</b>	Sloppy Joes	BBQ Chicken Drum	Opened Faced Roast Beef	Pierogies	Grilled 8 Cut Chicken	Grilled Chic Wrap	Hamburger Casserole
<b>Entrée</b>	<b>2</b>	Broccoli Cheddar Cass.	Cordon Bleu Pasta	Pasta Florentine	Kielbasa	Tuna Noodle Casserole	Veg. Du Jour	Veg Du Jour
<b>Starch</b>		Steak Fries	Sweet Potato Fries	Mashed Potatoes	Sauerkraut	Roasted New Potatoes		
<b>Vegetable</b>	<b>1</b>	Squash and Tomatoes	Asparagus	Sauteed Kale	Applesauce	Zucchini		
<b>Vegetable</b>	<b>2</b>	Roasted Edamame	Parsnips	Dilled Carrots	Brussel Sprouts	Cauliflower		
<b>Whole Body</b>		Cheese Enchilada	Teryiaki Chic Peas with brown rice	Portabella Mushroom Caprese	Mixed Vegetable Zucchini Noodles&	Grilled Tofu		
<b>Bravo</b>					<b>Mushroom Marinara</b>			
		Sweet Chili Chicken Wrap	Tortellini Primavera	Pork Citrus Bowl	Buffalo Chicken Wrap	Peanut Butter Jelly Bar	Closed	Closed
		Mexican Bowl	Egg Roll in a bowl	Chicken and Waffle	French Fry Bar	Closed	Closed	Closed
<b>Grill Special</b>								
		Grill Option	Grilled Italian Sand	Handbread/Grill Chix	Grill Option	Grill Option	MTO Eggs	MTO Eggs
		Turkey Burger Bar	Grill Option	Grill Option	Grilled Mac and Cheese	Grill Option		
<b>Salad Special</b>								
		Fruit and Yogurt	Fruit and Yogurt	Fruit and Yogurt	Fruit and Yogurt	Fruit and Yogurt	Fruit and Yogurt	Fruit and Yogurt
<b>Baker's Special</b>								
		Donut Holes	Scone Bites	Mini Muffins	Asst. Donuts	Coffeecake		
<b>Pizza</b>								
		Pizza/ Pasta	Pizza/Pasta	Stuffed Peppers	Pizza/Pasta	Pizza/ Pasta		
		Buffalo Chicken Flatbread	Baked Cod	Pizza/Pasta	Individual Pot Pie	Closed		
<b>Dinner</b>								
<b>Parkside Diner</b>								
<b>Entrée</b>	<b>1</b>	Smothered Pork Chops	Carved Eye of Round	Cajun 8 Cut Chicken	Carved Porkloin	Beef Stir-fry	Grilled Rueben Sand.	Chicken Tenders
<b>Entrée</b>	<b>2</b>	Chicken Asiago Pasta	Chicken Rice Casserole	Jambalaya	Pasta Alfredo	Chicken Stir-fry	Beef and Guinness Stew	Spag w/marinara
<b>Starch</b>		Wild Rice	Sweet Potatoes	Egg Noodles	Baked Potato Bar	Tofu Stir-fry	Mashed Potatoes	Garlic Mashed Potatoes
<b>Vegetable</b>	<b>1</b>	Green Beans	Cauliflower	Broccoli	Spinach	Fried Rice, White Rice	Sauteed Cabbage	Honey Glazed Carrots
<b>Vegetable</b>	<b>2</b>	Yellow Squash	Roasted Beets	Rst. Cherry Tomato	Roasted Brussel Sprouts	Teryiaki Sauce	Roasted Root Vegetables	Edamame
<b>Whole Body</b>		Spaghetti Squash and Marinara	Quinoa Stuffed Zucchini	Tofu Fajitas	and Butternut Squash Stuffed Port. Mushroom	Broccoli, Carrots Snow Peas	Mock Sheperd's Pie	Quinoa Cranberry Squash Pilaf
						<b>Waterchesnuts</b>		
						<b>Baby Corn</b>		
						<b>Mushrooms</b>		