

SAMPLE 7-DAY MENU

Day 1	Breakfast	Juice, milk, coffee, tea, fruit, cereal, toast and jam Bacon and eggs or vegetarian breakfast tacos Hash browns
	Lunch	Navy bean soup (vegetarian) and turkey rice soup Sandwiches, eggs, cheese, tomato, ham and cheese, tuna Vanilla or chocolate pudding with dream whip And tender specified beverages
	Dinner	Egg drop soup (Chinese meal) Won tons, vegetable egg rolls and egg rolls with meat Pineapple meat balls and vegetarian substitute meat balls Garlic ribs or egg foo yung Chicken balls, Chinese vegetables, fresh vegetables in stir fried rice Berry pies with ice cream and tender specified beverages
Day 2	Breakfast	Juice, milk, tea, coffee, fruit, cereal, toast. Vegetable omelettes (mushroom, peppers, cheese) Ham or bacon omelettes with cheese and peppers Hash browns
	Lunch	Macaroni and Cheese Garden Salad with house dressing Chocolate Bread Pudding and tender specified beverages
	Dinner	Traditional Sunday Dinner with Salt Meat and Turkey Dressing and Gravy Vegetarian Chicken Substitute, Dressing and Gravy Peas Pudding, Cabbage, Carrot, Turnip, Potato. Figgy Duff Pudding with Brown Sugar Sauce and Tender specified beverages. (Vegetarian vegetables and peas pudding cooked in Water with olive oil)

7 Day Menu Con > d

Day 3 Breakfast	Juice, milk, coffee, tea, fruit, cereal, toast and jam French Toast served Pork Sausage or Soy Sausage
Lunch	Sweet Potato and Salsa Soup or Beef Barley Soup Sandwiches, Both Meat and Vegetarian Selections Ice cream with tender specified beverages
Dinner	Greek salad with feta cheese Cod au gratin or vegetarian angel hair primevera Baked Potato, Mixed garden vegetable Medley Strawberry Shortcake and tender specified beverages
Day 4 Breakfast	Juice, milk, coffee, tea, fruit, cereal, toast and jam Vegetarian burritos or ham and eggs, hash browns
Lunch	Cream of celery soup or split pea soup with salt meat Eggplant, mushroom and onion sandwich Roast beef, turkey or ham sandwiches Trifle with tender specified beverages
Dinner	Caesar salad with or without bacon bits Pork chop barbeque or barbeque vegetarian burgers, baked potato Coleslaw, mushrooms, vegetables, onions and peppers stir fry Lemon Meringue Pie and tender specified beverages
Day 5 Breakfast	Juice, milk, coffee, tea, fruit, cereal, toast and jam Chocolate chip pancakes with chocolate sauce or Bacon with buttermilk pancakes and maple syrup
Lunch	Selection of Pizzas, vegetables with cheese And meat, vegetables and cheese, and pineapple pizza Mini marshmallows, pistachio pudding with oranges and pineapple Tidbits with dream whip and tender specified beverages
Dinner	Cream of carrot soup and a sausage bean soup Vegetarian ratatouille lasagna or ground beef lasagna Mashed potatoes (either garlic or regular) toasted garlic cheese Bread and coleslaw and fresh vegetables. Blueberry cake, vanilla sauce with tender specified beverages

7 Day Menu Cont> d

- Day 6 Breakfast Juice, milk, coffee, tea, fruit, cereal, toast and jam
Vegetarian breakfast tacos or sausage with scrambled eggs
Hash browns
- Lunch Texas Hash (Vegetarians will have ground beef substitute in this Recipe) This is a rice, green pepper, onion and tomato dish
Served with rolls
Dessert, layered orange cream cake with tender specified beverages
- Dinner Garden Fresh Vegetable and Pear Salad
Chicken and Chips (home cut french fried potatoes) with savory Dressing and gravy, peas, carrots and coleslaw
Apple pie and ice cream with tender specified beverages
- Day 7 Breakfast Juice, milk, coffee, tea, fruit, cereal, toast and coffee
Vegetarian Breakfast Burritos or Buttermilk Pancakes with bacon
- Lunch Beef Barley Soup with tomatoes or Cream of Tomato Soup
Pan fried mushrooms, onion, zucchini sandwiches
Tuna sandwiches and turkey with savory dressing sandwiches
Hot vanilla cake with lemon and tender specified beverages
- Dinner Garden Salad with House Dressing
Seafood Platter with fish and brews, pan fried cod and poached Salmon, served with drawn butter, boiled potato, peas and turnip
Vegetarian selection will be Fettuccini Alfredo with Grilled mushrooms, peppers and onions
Death by Chocolate Dessert with tender specified beverages

Notes on Vegaterian and Vegan meals for guests;

Rater tha identify specific meals that students may not eat or want, it is suggested that the cook and vegaterian and vegan students have a meeting on the first day to identify specificy what these guests will want and need for their meals. We will purchase immediately all required foods.

Notes on Sample meals noted above.

These are simply sample meals for the purpose of inclusion in the tender. Our kitchen is more than capable of preparing most any meal. Suggestions for inclusions or deletions from this menu is both welcome and requested.