## MENU CYCLE 5

### MONDAY
- **Breakfast**
  - Steel Cut Oats V
  - Apple Filled Cereals
  - Pruned Tomatoes
  - Eggs: Scrambled & Hard-Boiled E
  - Baked Beans V E
  - Turkey Sausage Links
  - Bacon & Egg Breakfast Muffin
  - Meatless Breakfast Muffin
- **Lunch**
  - Interactive Quinoa & Egg V
  - Smoked Meat
  - Piri Piri Drumsticks E
  - Mexican Braided Beef Stew
  - Soy Chicken Stir Fry V
  - Cheese Tomatooni
  - Sautéed Summer Squash V E
  - Corn Niblets V E
  - Sorana Vegetable Quinoa Rice V E
  - Sweet Potato Fries
- **Dinner**
  - Carnivore Specialties with Crisp Potato Bar and Spicy Cream Corn C Grumble
  - Smoked Meat
  - Coconut Shrimp
  - Hula Hula Chicken Breast G F
  - Jamaican Beef Curry
  - Navy Bean Curry with Kale V E
  - Portobello with Spinach and Artichoke
  - Carribean Pasta Bake
  - Fresh Market Vegetable V E
  - Sweet Potato Bakers V E
  - Jambalaya Rice V E
  - Steamed Potatoes with Five Herbs V E

### TUESDAY
- **Breakfast**
  - Chicken Congee G F
  - Chocolate Chip Pancakes
  - Pruned Tomatoes
  - Eggs: Scrambled & Hard-Boiled E
  - Baked Beans V E
  - Turkey Sausage Links
  - Bacon & Egg Breakfast Muffin
  - Meatless Breakfast Muffin
- **Lunch**
  - Interactive Quinoa & Egg V
  - Smoked Meat
  - Piri Piri Drumsticks E
  - Mexican Braided Beef Stew
  - Soy Chicken Stir Fry V
  - Cheese Tomatooni
  - Sautéed Summer Squash V E
  - Corn Niblets V E
  - Sorana Vegetable Quinoa Rice V E
  - Sweet Potato Fries
- **Dinner**
  - Carnivore Specialties with Crisp Potato Bar and Spicy Cream Corn C Grumble
  - Smoked Meat
  - Coconut Shrimp
  - Hula Hula Chicken Breast G F
  - Jamaican Beef Curry
  - Navy Bean Curry with Kale V E
  - Portobello with Spinach and Artichoke
  - Carribean Pasta Bake
  - Fresh Market Vegetable V E
  - Sweet Potato Bakers V E
  - Jambalaya Rice V E
  - Steamed Potatoes with Five Herbs V E

### WEDNESDAY
- **Breakfast**
  - Steel Cut Oats V
  - Apple Filled Cereals
  - Pruned Tomatoes
  - Eggs: Scrambled & Hard-Boiled E
  - Baked Beans V E
  - Turkey Sausage Links
  - Bacon & Egg Breakfast Muffin
  - Meatless Breakfast Muffin
- **Lunch**
  - Interactive Quinoa & Egg V
  - Smoked Meat
  - Piri Piri Drumsticks E
  - Mexican Braided Beef Stew
  - Soy Chicken Stir Fry V
  - Cheese Tomatooni
  - Sautéed Summer Squash V E
  - Corn Niblets V E
  - Sorana Vegetable Quinoa Rice V E
  - Sweet Potato Fries
- **Dinner**
  - Carnivore Specialties with Crisp Potato Bar and Spicy Cream Corn C Grumble
  - Smoked Meat
  - Coconut Shrimp
  - Hula Hula Chicken Breast G F
  - Jamaican Beef Curry
  - Navy Bean Curry with Kale V E
  - Portobello with Spinach and Artichoke
  - Carribean Pasta Bake
  - Fresh Market Vegetable V E
  - Sweet Potato Bakers V E
  - Jambalaya Rice V E
  - Steamed Potatoes with Five Herbs V E

### THURSDAY
- **Breakfast**
  - Blueberry Breakfast Bake
  - Baked Beans V E
  - Turkey Sausage Links
  - Bacon & Egg Breakfast Muffin
  - Meatless Breakfast Muffin
- **Lunch**
  - Interactive Quinoa & Egg V
  - Smoked Meat
  - Piri Piri Drumsticks E
  - Mexican Braided Beef Stew
  - Soy Chicken Stir Fry V
  - Cheese Tomatooni
  - Sautéed Summer Squash V E
  - Corn Niblets V E
  - Sorana Vegetable Quinoa Rice V E
  - Sweet Potato Fries
- **Dinner**
  - Carnivore Specialties with Crisp Potato Bar and Spicy Cream Corn C Grumble
  - Smoked Meat
  - Coconut Shrimp
  - Hula Hula Chicken Breast G F
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  - Carribean Pasta Bake
  - Fresh Market Vegetable V E
  - Sweet Potato Bakers V E
  - Jambalaya Rice V E
  - Steamed Potatoes with Five Herbs V E

### FRIDAY
- **Breakfast**
  - Blueberry Breakfast Bake
  - Baked Beans V E
  - Turkey Sausage Links
  - Bacon & Egg Breakfast Muffin
  - Meatless Breakfast Muffin
- **Lunch**
  - Interactive Quinoa & Egg V
  - Smoked Meat
  - Piri Piri Drumsticks E
  - Mexican Braided Beef Stew
  - Soy Chicken Stir Fry V
  - Cheese Tomatooni
  - Sautéed Summer Squash V E
  - Corn Niblets V E
  - Sorana Vegetable Quinoa Rice V E
  - Sweet Potato Fries
- **Dinner**
  - Carnivore Specialties with Crisp Potato Bar and Spicy Cream Corn C Grumble
  - Smoked Meat
  - Coconut Shrimp
  - Hula Hula Chicken Breast G F
  - Jamaican Beef Curry
  - Navy Bean Curry with Kale V E
  - Portobello with Spinach and Artichoke
  - Carribean Pasta Bake
  - Fresh Market Vegetable V E
  - Sweet Potato Bakers V E
  - Jambalaya Rice V E
  - Steamed Potatoes with Five Herbs V E

### SATURDAY
- **Breakfast**
  - Blueberry Breakfast Bake
  - Baked Beans V E
  - Turkey Sausage Links
  - Bacon & Egg Breakfast Muffin
  - Meatless Breakfast Muffin
- **Lunch**
  - Interactive Quinoa & Egg V
  - Smoked Meat
  - Piri Piri Drumsticks E
  - Mexican Braided Beef Stew
  - Soy Chicken Stir Fry V
  - Cheese Tomatooni
  - Sautéed Summer Squash V E
  - Corn Niblets V E
  - Sorana Vegetable Quinoa Rice V E
  - Sweet Potato Fries
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  - Sweet Potato Bakers V E
  - Jambalaya Rice V E
  - Steamed Potatoes with Five Herbs V E

### SUNDAY
- **Breakfast**
  - Blueberry Breakfast Bake
  - Baked Beans V E
  - Turkey Sausage Links
  - Bacon & Egg Breakfast Muffin
  - Meatless Breakfast Muffin
- **Lunch**
  - Interactive Quinoa & Egg V
  - Smoked Meat
  - Piri Piri Drumsticks E
  - Mexican Braided Beef Stew
  - Soy Chicken Stir Fry V
  - Cheese Tomatooni
  - Sautéed Summer Squash V E
  - Corn Niblets V E
  - Sorana Vegetable Quinoa Rice V E
  - Sweet Potato Fries
- **Dinner**
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  - Jambalaya Rice V E
  - Steamed Potatoes with Five Herbs V E

### Apple Week
- **"After Eight Dining*"**
  - Short & Sassy Entree
  - Signature Entree & Side
  - Signature Hot Sandwich
  - Signature Hot Sandwich

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