

**SAMPLE LONG TERM MEAL PROGRAM**

**4-Week Menu Cycle**

Day of the Week	Breakfast	Lunch	Dinner
<b>Week 1</b>			
Monday	Kashi cereal w/dried fruit, 2 gal milk	Albacore tuna on a bed of greens, fruit cup	Corned beef & cabbage, beet salad
Tuesday	Carrot loaf, fruit & 12 qt OJ	Italian deli sandwich w/ lettuce & tomato, pickles	Turkey sausage w/sauerkraut, carrots, potatoes
Wednesday	Granola & raspberry yogurt, 2 gal milk	Egg salad sandwich w/ lettuce and tomato, smart corn	Cider barbeque bean medley, rice, salad,bread
Thursday	Assorted bagels w/cream cheese, sliced peaches	Chef salad, mixed nuts & dried fruit	Basil ginger chicken w/Chinese vegetables, Asian salad
Friday	Boiled egg, fresh fruit, 2 gallons of juice	Fresh mozzarella-tomato-basil wrap w/ balsamic vinaigrette, smart corn	Tilapia piccata w/capers, vegetable medley, French onion rice
Saturday	Coffee cake, fruit cocktail, 2 gal milk	Seafood salad sandwich w/ lettuce & tomato, garden salad	Spinach pesto pasta, mixed vegetables, bread
Sunday	Egg fritatta, multi-grain bar	Spinach turkey & cheese wrap w/feta, mixed nuts & dried fruit	Arroz con pollo, sweet plantains, salad
<b>Week 2</b>			
Monday	Croissant, fruit yogurt, 12 qt OJ	Turkey ham and cheese sandwich w/ lettuce & tomatoes, baked chips	Vegetable pasta primavera, salad, bread
Tuesday	Special K cereal, fruit, 2 gal milk	Greek feta tortilla wrap, Greek salad	Chicken burrito topped cheese & picante sauce, yellow rice, mixed vegetables
Wednesday	Assorted muffins,banana-coffee-blueberry	Chinese cabbage salad, roll	Vegetable lasagna, salad, bread
Thursday	Granola, yogurt, fruit, 2 gal of juice	Chicken curry wrap, garden salad	Beef gyro on pita w/ dill sauce, vegetable couscous, Greek salad
Friday	Hard boiled egg, fruit cocktail	Garden sandwich, potato salad	Fish tacos, southwestern cumin bean salad, yellow rice
Saturday	Cereal , fresh fruit, 2 gal milk	Roasted Turkey & cheese spinach wrap, garden salad	Veggie burgers, mixed vegetables, tater tots
Sunday	Egg fritatta, multi-grain bar	Tuna wrap, baked chips	Picadillo, rice, sweet plantains,bread

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**4-Week Menu Cycle**

Day of the Week	Breakfast	Lunch	Dinner
<b>Week 3</b>			
Monday	Kashi cereal w/fruit 2 gal milk	Madras curry chicken salad w/ dried cranberries on a bed of greens, mixed nuts & dried fruit	Stuffed cabbage/peppers, carrots, rice
Tuesday	Donuts, fruit & 12 qt. of OJ	Egg salad sandwich on rye w/ lettuce and tomato, garden salad	Sundried tomatoes & feta over pasta, salad, bread
Wednesday	Granola & raspberry yogurt	Italian deli sandwich w/ lettuce & tomato, vegetable pasta salad	Country fried beef steak w/ gravy, potatoes, green beans
Thursday	Assorted muffins, coffee-banana-blueberry	Spinach turkey & cheese wrap, sun chips	Italian chicken (drumsticks/thighs), vegetable medley, yellow rice
Friday	Boiled egg, fresh fruit, 2 gal of juice	Fresh mozzarella-tomato-basil wrap w/ balsamic vinaigrette, sun chips	Bean chili (vegan), rice, salad, bread
Saturday	Cereal w/dried fruit, 2 gal milk	Spicy chicken wrap w/pico de gallo, pudding	Turkey dogs w/chili, corn on the cob, potato salad
Sunday	Egg fritatta, multi-grain bar	Vegetable/garden salad, jello w/ sliced fruit	Basil garlic ravioli, mixed vegetables, bread
<b>Week 4</b>			
Monday	Croissant, fruit cup, 12 qt OJ	Albacore tuna sandwich w/ lettuce & tomato, assortment of chips	Beef tacos w/ tomatoes shredded cheese-lettuce, refried beans, Mexican rice
Tuesday	Special K w/fruit, 2 gal milk	South western crispy chicken salad, crackers	Lemon sage chicken breast topped w/ grilled onions & peppers, spinach, and vegetable stuffing
Wednesday	Granola & raspberry yogurt, 2 gal milk	Veggie wrap w/ balsamic vinaigrette dressing, rice pudding	Four cheese tortellini or stuffed shells, mixed vegetables, bread
Thursday	Assorted bagels w/cream cheese, sliced peaches, 2 gal OJ	Roasted Turkey & cheese sandwich w/lettuce & tomato, garden salad	Cilantro salsa tilapia, green peas, yellow rice
Friday	Boiled egg, fresh fruit	Mediterranean deli sandwich, assortment of chips	Vegetable fajitas, vegetarian beans w/rice
Saturday	Breakfast bar, yogurt, 12 gal qt	Garden salad, celery w/ peanut butter	Hamburger barbeque, mixed vegetables, macaroni salad
Sunday	Egg fritatta, multi-grain bar	Spinach turkey & cheese wrap w/feta, mixed nuts & dried fruit	Spaghetti w/ meatballs, salad, bread

Note: Menu items are subject to change based on availability of items