

Daily Lunch Menu

Month 3 - October

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Combined Meal: Blackened Chicken Power Bowl Protein: 2 oz wt. Blackened Chicken Breast, 1 oz wt. Shredded Cheese Grain: 1 cup Quinoa Veg: ¼ cup Corn, ¼ cup Beans, ¼ cup sliced Red Peppers, ¼ cup Shredded Cabbage Fruit: 1 each Lime Wedge</p>	<p>4</p> <p>Combined Meal: Romesco Pasta Bake with Chicken Protein: 1 each Bistro chicken Thigh, 1 oz wt. Grated Parmesan Grain: 1 cup Cavatappi Pasta Veg: ½ cup Romesco Sauce (Red Peppers, Tomato, Breadcrumbs, Parsley), 1 cup Spinach Salad (Spinach, Cucumber, Tomatoes, Shredded Carrots) Fruit: NA</p> <p>Sauce: Balsamic or Ranch</p>	<p>5</p> <p>Combined Meal: Chili with Cornbread Protein: 2 oz wt. Browned Ground Beef, 1 oz wt. Shredded Cheese, 1 tbsp Sour Cream Grain: 1 each Corn Bread Roll w/Butter Veg: ½ cup Beans, ¼ cup Diced Red Onion, ½ cup Stewed Tomatoes, 1 tbsp Sliced Jalapeno, 1 each Baked Potato Fruit: NA</p>	<p>6</p> <p>Combined Meal: Shepherd's Pie Protein: 2 oz wt. Ground Beef Grain: 2 each Rolls with Butter Veg: ¼ cup Corn, ¼ cup Diced Carrots, ¼ cup peas, ½ cup Mashed Potatoes Fruit: ½ cup grapes</p>	<p>7</p> <p>Protein: 2 oz wt. Tuscan Garlic Chicken Breast, 1 oz wt. Grated Parmesan Grain: 1 cup Orzo Pasta Veg: ½ cup Baby Spinach, ¼ cup Sundried Tomatoes, ¼ cup sauteed onions Fruit: 4 oz Fruit Cup</p> <p>Sauce: Creamy Tomato</p>
<p>10</p> <p>Combined Meal: Turkey Burgers Protein: 1 each Turkey Burger Grain: 1 each Large Bun Veg: 1 piece Lettuce, 2 slices Tomato, ¼ cup Onion Snack: 2oz wt. potato chips Fruit: 1 each Orange</p> <p>Sauce: Ketchup, Mustard and Mayo Packet</p>	<p>11</p> <p>Combined Meal: BBQ Glazed Turkey Meatloaf Protein: 2oz wt Turkey Meatloaf (Ground turkey, yello onion, garlic, carrots, milk, egg, breadcrumbs ~ 1" slice) Grain: 2 Dinner rolls Veg: ½ cup green beans, ½ cup mashed potatoes Fruit: NA</p> <p>Sauce: BBQ Sauce</p>	<p>12</p> <p>Combined Meal: Spaghetti & Meatballs Protein: 2 each Beef Meatballs, 1 oz wt. Grated Parmesan Grain: 1 cup Spaghetti Pasta Veg: ½ cup Steamed Broccoli, Garden Salad (lettuce, tomato, onion, cucumber) Balsamic or Ranch</p> <p>Sauce: 2 fl. oz of Marinara</p>	<p>13</p> <p>Cruise Day – East Africa Combined Meal: Kuku Paka – Chicken in Coconut Sauce Protein: 1 each Chicken Thigh (simmered in tomato, ginger, coconut sauce) Grain: 1 cup Rice Veg: ¼ cup sliced bell pepper, ¼ cup sliced red onion, ½ cup Kachumari (Tomato & Onion Salad – cucumber, jalapeno, tomato, cilantro)</p> <p>Sauce: Coconut Sauce</p>	<p>14</p> <p>Combined Meal: Asian Chicken Wrap Protein: 2 oz wt. Chicken Strips Grain: 1 each 10" Flour Tortilla Veg: ¼ cup Shredded Red Cabbage, ¼ cup Sliced Cucumber, ¼ cup Shredded Carrots, 1 piece Lettuce Fruit: 4oz Diced Melon Snack: Potato Chips</p> <p>Sauce: Korean BBQ Sauce</p>
<p>17</p> <p>Protein: 1 each Peruvian Chicken Thigh Grain: 1 cup Cilantro Lime Rice Veg: ¼ cup Spicy Slaw, ½ cup Roasted Zucchini Fruit: ¼ cup Pineapple Salsa</p> <p>Sauce: Peruvian Green Sauce</p>	<p>18</p> <p>Combined Meal: Hamburger Protein: 1 each Burger Patty, 1 slice Cheddar Cheese Grain: 1 each Burger Bun Veg: 1 piece Lettuce, 2 Slices Tomato, ¼ cup Red Onion, 1 pickle spear Fruit: 1 Whole Orange</p> <p>Sauce: Mayo, Mustard, Ketchup</p>	<p>19</p> <p>Combined Meal: Turkey Wrap with Southwest Corn Chowder Protein: 2 oz wt. Roasted Turkey Breast, 1 slice Provolone Cheese Grain: 1 each 10" Tortilla Veg: 1 piece Lettuce, 2 slice Tomato, ¼ cup Red Onion, 1 cup Corn Chowder (Potatoes, Roasted Corn, Red Bell Peppers) Fruit: ½ cup Grapes</p> <p>Sauce: Mayo and Mustard</p>	<p>20</p> <p>Combined Meal: Moroccan Chicken Couscous Bowl Protein: 2 oz wt. Moroccan Marinated Chicken Breast, 2 tbsp Greek Yogurt Grain: 1 cup Couscous Veg: ½ cup Chopped Salad (Cucumber, Tomato, Red Onion, Parsley), ¼ cup Roasted Chickpeas, ¼ cup Olives Fruit: NA</p> <p>Sauce: NA</p>	<p>21</p> <p>Protein: 2 oz wt. Sesame Chicken Grain: 1 cup White Rice Veg: ½ cup Steamed Broccoli, ½ cup Edamame Fruit: 1 Whole Orange</p> <p>Sauce: NA</p>
<p>24</p> <p>Combined Meal: Mezze Plate Protein: 3 each Greek Meatballs, 1 oz wt. Feta Grain: 1 each Pita Veg: ¼ cup Roasted Red Peppers, ¼ cup Hummus, ¼ cup Sliced Cucumber, ¼ cup Tomatoes Fruit: NA</p> <p>Sauce: 1 tbsp Tzatziki Sauce</p>	<p>25</p> <p>Protein: 2 each Rotisserie Roasted Chicken Drumsticks Grain: 1 cup Wild Rice Veg: ¼ cup Roasted Tomatoes, ½ cup Roasted Herb Roasted Carrots Fruit: 4 oz Fruit Cup</p> <p>Sauce: NA</p>	<p>26</p> <p>Combined Meal: Cheesy Ground Beef Skillet Pasta Protein: 2 oz wt. Sauteed Ground Beef, 1 oz wt. Shredded Mozzarella, 1 oz wt. Shredded Jack Cheddar Grain: 1 cup Cavatappi Pasta Veg: Small Garden Salad (Mixed Greens, Tomato, Cucumber, Shredded Carrots, Red Onion) Fruit: ½ cup Grapes</p> <p>Sauce: Marinara, Ranch or Balsamic</p>	<p>27</p> <p>Combined Meal: Sweet & Sour Pork w/pineapple Protein: 2 oz wt. Marinated Seared Pork Loin Cubed Grain: 1 cup White Rice Veg: ½ cup Stir Fried Peppers and Onions, ½ cup Steamed Broccoli Fruit: ¼ cup Diced Stir Fried Pineapple</p> <p>Sauce: Sweet and Sour Sauce</p>	<p>28</p> <p>Combined Meal: BBQ Chicken Sandwich Protein: ½ cup BBQ Pulled Chicken Grain: 1 each Burger Bun Veg: ½ cup Shredded Red Cabbage, 1 piece Lettuce, ¼ cup Shredded Carrots Fruit: 4 oz cup Fruit Snack: Potato Chips</p> <p>Sauce: BBQ Sauce</p>
<p>31</p> <p>Combined Meal: Carnitas Tacos Protein: ½ cup Slow Roasted Pork Shoulder, 1 oz wt. Shredded Cheese, 1 tbsp Sour Cream Grain: 2 each Flour Tortillas Veg: ¼ cup Diced Red Onion, 1 tbsp Cilantro, 1 tbsp sliced jalapeno, 1 each Corn on Cob with Butter Fruit: ½ cup Melon</p> <p>Sauce: Fire Roasted Salsa</p>				