

**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<br>with brown rice | Portabella Mushroom<br>Caprese | Mixed Vegetable<br>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<br>and Marinara | Quinoa Stuffed<br>Zucchini            | Tofu Fajitas                   | and Butternut Squash<br>Stuffed Port. Mushroom | Broccoli, Carrots<br>Snow Peas | Mock Sheperd's Pie      | Quinoa Cranberry<br>Squash Pilaf |
|                        |          |                                  |                                       |                                |  | <b>Waterchesnuts</b>           |                         |                                  |
|                        |          |                                  |                                       |                                |  | <b>Baby Corn</b>               |                         |                                  |
|                        |          |                                  |                                       |                                |  | <b>Mushrooms</b>               |                         |                                  |
|                        |          |                                  |                                       |                                |  |                                |                         |                                  |
|                        |          |                                  |                                       |                                |  |                                |                         |                                  |