



**STOP**  
think about eating a smaller portion  
**SLOW**  
balance your meal with green choices  
**GO**  
eat all you want!

Week 5

	1/16/10 Saturday	1/17/10 Sunday	1/18/10 Monday	1/19/10 Tuesday	1/20/10 Wednesday	1/21/10 Thursday	1/22/10 Friday
<b>Breakfast</b>							
	<ul style="list-style-type: none"> <li>• Waffle Bar</li> <li>• Cheesy Scrambled Eggs</li> <li>• Sausage Links</li> <li>• Breakfast Potatoes</li> <li>• Fresh Blueberry Muffins</li> </ul>	<ul style="list-style-type: none"> <li>• Continental Breakfast</li> <li>• Fresh Cut Fruit</li> <li>• Banana Bread</li> <li>• Fat Free Yogurt</li> <li>• Homemade Granola</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberry Pancakes</li> <li>• Scrambled Eggs</li> <li>• Bacon</li> <li>• Hash Brown Patty</li> <li>• Lemon Poppy Seed Muffins</li> </ul>	<ul style="list-style-type: none"> <li>• French Toast</li> <li>• Cheesy Scrambled Eggs</li> <li>• Sausage Patty</li> <li>• Grits</li> <li>• Chocolate Chunk Muffins</li> </ul>	<ul style="list-style-type: none"> <li>• Banana Pancakes</li> <li>• Scrambled Eggs</li> <li>• Bacon</li> <li>• Breakfast Potatoes</li> <li>• Fresh Cinnamon Rolls</li> </ul>	<ul style="list-style-type: none"> <li>• Waffle Bar</li> <li>• Western Scramble</li> <li>• Turkey Sausage</li> <li>• Grits</li> <li>• Apple Turnovers</li> </ul>	<ul style="list-style-type: none"> <li>• Egg Croissants</li> <li>• Scrambled Eggs</li> <li>• Bacon</li> <li>• Home Fries</li> <li>• Cranberry Orange Muffins</li> </ul>
	<ul style="list-style-type: none"> <li>• Orzo Pasta Salad</li> <li>• Egg Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fruit Salad</li> <li>• Tarragon Chicken Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Garden Pasta Salad</li> <li>• Tuna Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Grapes &amp; Melon</li> <li>• Cranberry Chicken Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Potato Salad</li> <li>• Cole Slaw</li> </ul>	<ul style="list-style-type: none"> <li>• Sesame Noodles</li> <li>• Ham Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Fruit Salad</li> <li>• Turkey Waldorf Salad</li> </ul>
	<ul style="list-style-type: none"> <li>• Roast Beef</li> <li>• Swiss Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Buffet Ham</li> <li>• Provolone Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Roast Turkey Breast</li> <li>• Cheddar Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Hard Salami</li> <li>• Yellow American Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Chicken Breast</li> <li>• Dill Havarti Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Roast Turkey</li> <li>• Provolone Cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Roast Beef</li> <li>• Yellow American Cheese</li> </ul>
Vegetarian Soup	<ul style="list-style-type: none"> <li>• Beef &amp; Bean Soup</li> <li>• Cream of Broccoli Soup</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Tortilla Soup</li> <li>• Creamy Potato Soup</li> </ul>	<ul style="list-style-type: none"> <li>• White Chili</li> <li>• Carrot Ginger Soup</li> </ul>	<ul style="list-style-type: none"> <li>• She Crab Soup</li> <li>• Mushroom Barley Soup</li> </ul>	<ul style="list-style-type: none"> <li>• Italian Wedding Soup</li> <li>• Tomato Basil Soup</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Noodle Soup</li> <li>• Vegetarian Three Bean Chili</li> </ul>	<ul style="list-style-type: none"> <li>• Navy Bean</li> <li>• Cream of Spinach Soup</li> </ul>
<b>Lunch</b>							
				<b>Sunday Brunch</b>			
	<ul style="list-style-type: none"> <li>• What A Jerk Wrap</li> <li>• Thai Beef Wrap</li> <li>• Curry Couscous</li> <li>• Steamed Green Beans</li> <li>• Fresh Steamed Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Pot Pie</li> <li>• Sausage Patties</li> <li>• Rice Pilaf</li> <li>• Fresh Steamed Broccoli</li> <li>• Roasted Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Turkey Sandwich</li> <li>• Tuna Melts</li> <li>• Brown Rice</li> <li>• Fresh Roasted Zucchini</li> <li>• Cranberry Relish</li> </ul>	<ul style="list-style-type: none"> <li>• Make your Own Sandwich Day with</li> <li>• Side Salads &amp;</li> <li>• All The Fixings</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Chicken Sandwich</li> <li>• Pub Fried Fish</li> <li>• Couscous</li> <li>• Steamed Sweet Corn</li> <li>• Fresh Steamed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• Mangia! Mangia! Pizza</li> <li>• Seared Tuna</li> <li>• Pineapple Salsa</li> <li>• Wild Rice</li> <li>• Fresh Green Beans</li> <li>• Fresh Summer Squash</li> <li>• Artichoke Couscous with Sun Dried Tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Tenders</li> <li>• Lemon Ginger Grilled Salmon</li> <li>• French Fries</li> <li>• Steamed Garden Peas</li> <li>• Fresh Steamed Broccoli</li> </ul>
Vegetarian Entrée	<ul style="list-style-type: none"> <li>• Caprese Pita</li> </ul>	<ul style="list-style-type: none"> <li>• Spinach Swiss Quiche</li> </ul>	<ul style="list-style-type: none"> <li>• Green Bean Casserole</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Pita</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Fiesta Skillet</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Crudités Display with</li> <li>• Ranch Dip</li> </ul>	<ul style="list-style-type: none"> <li>• Rice &amp; Vegetable Muffins</li> </ul>
	<ul style="list-style-type: none"> <li>• Warm Apple Crisp</li> </ul>	<ul style="list-style-type: none"> <li>• Lemon Meringue Pie</li> </ul>	<ul style="list-style-type: none"> <li>• Novelty Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>• Devil's Food Cake</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate Bread Pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Fudge Brownies</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen Yogurt</li> </ul>
<b>Dinner</b>							
				<b>Sunday Night Carving</b>			
	<ul style="list-style-type: none"> <li>• Roast Pork Loin with Maple Dijon Glaze</li> <li>• Fried Flounder</li> <li>• French Fries</li> <li>• Wilted Fresh Spinach</li> <li>• Fresh Carrots with Dill</li> <li>• Vegetable Pasta Bake</li> </ul>	<ul style="list-style-type: none"> <li>• Carved Roast Beef</li> <li>• Baked Tilapia</li> <li>• Roasted Potatoes</li> <li>• Steamed Garden Peas</li> <li>• Steamed Sweet Corn</li> <li>• Cheesy Chili Polenta</li> </ul>	<ul style="list-style-type: none"> <li>• Chopped Steak with Mushrooms</li> <li>• All Beef Hot Dogs</li> <li>• French Fries</li> <li>• Fresh Steamed Broccoli</li> <li>• Sautéed Onions</li> <li>• Vegetable Burgers</li> </ul>	<ul style="list-style-type: none"> <li>• Carved Pit Ham</li> <li>• Shrimp Etouffee</li> <li>• Baked Sweet Potato</li> <li>• Sautéed Fresh Spinach</li> <li>• Confetti Vegetables</li> <li>• Tomato Mozzarella Melts</li> </ul>	<ul style="list-style-type: none"> <li>• Fried Chicken</li> <li>• Bourbon Ribs</li> <li>• Macaroni &amp; Cheese</li> <li>• Fresh Steamed Cauliflower</li> <li>• Steamed Peas</li> <li>• Grilled Portabellas</li> </ul>	<ul style="list-style-type: none"> <li>• Country Pot Roast</li> <li>• Parmesan Pasta</li> <li>• Mashed Potatoes</li> <li>• Sautéed Carrots &amp; Onions</li> <li>• Lima Beans</li> <li>• Thai Style Tofu</li> </ul>	<ul style="list-style-type: none"> <li>• Shrimp Lo Mein</li> <li>• Orange Chicken Breast</li> <li>• Fried Rice</li> <li>• Sesame Snow Peas</li> <li>• Fresh Bok Choy</li> <li>• Vegetable Egg Rolls</li> </ul>
	<ul style="list-style-type: none"> <li>• Cheesecake with Fruit Topping</li> </ul>	<ul style="list-style-type: none"> <li>• Sunday Sundae Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Spice Cake</li> </ul>	<ul style="list-style-type: none"> <li>• Warm Peach Cobbler</li> </ul>	<ul style="list-style-type: none"> <li>• Ice Cream Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Angel Food Cake with Berries</li> </ul>	<ul style="list-style-type: none"> <li>• Freshly Baked Cookies</li> </ul>