



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

Week 8

	Saturday 2/6/10	Sunday 2/7/10	Monday 2/8/10	Tuesday 2/9/10	Wednesday 2/10/10	Thursday 2/11/10	Friday 2/12/10
Breakfast							
	<ul style="list-style-type: none"> • Waffle Bar • Scrambled Eggs • Bacon • Grits • Cranberry Orange Mufins 	<ul style="list-style-type: none"> • Continental Breakfast • Fresh Cut Fruit • Apple Turnovers • Fat Free Yogurt • Homemade Granola 	<ul style="list-style-type: none"> • French Toast Sticks • Scrambled Eggs • Sausage Patty • Grits • Fresh Cinnamon Rolls 	<ul style="list-style-type: none"> • Breakfast Burritos • Western Scramble • Turkey Sausage • Hash Brown Patties • Fresh Blueberry Muffins 	<ul style="list-style-type: none"> • Apple Pancakes • Scrambled Eggs • Sausage Links • Cheese Grits • Chocolate Chunk Muffins 	<ul style="list-style-type: none"> • Waffle Bar • Cheesy Scramble • Bacon • Breakfast Potatoes • Fresh Scones 	<ul style="list-style-type: none"> • Egg & Cheese Bagel • Scrambled Eggs • Canadian Bacon • Grits • Coffee Cake
Daily Specials							
	<ul style="list-style-type: none"> • Fresh Fruit Salad • Ham Salad 	<ul style="list-style-type: none"> • Caesar Salad • Egg Salad 	<ul style="list-style-type: none"> • Fresh Fruit Salad • Tarragon Chicken Salad 	<ul style="list-style-type: none"> • Tomato Mozzarella Basil • Turkey Cobb Salad 	<ul style="list-style-type: none"> • Fresh Fruit Salad • Grilled Salmon Salad 	<ul style="list-style-type: none"> • Marinated Vegetables • Tuna Salad 	<ul style="list-style-type: none"> • Coleslaw • Grilled Chicken Salad
	<ul style="list-style-type: none"> • Hard Salami • Provolone Cheese 	<ul style="list-style-type: none"> • Grilled Chicken Breast • Yellow American Cheese 	<ul style="list-style-type: none"> • Roast Turkey Breast • Swiss Cheese 	<ul style="list-style-type: none"> • Roast Beef • Muenster Cheese 	<ul style="list-style-type: none"> • Buffet Ham • Cheddar Cheese 	<ul style="list-style-type: none"> • Roast Turkey Breast • Dill Havarti Cheese 	<ul style="list-style-type: none"> • Hard Salami • Provolone Cheese
	<ul style="list-style-type: none"> • Beef Noodle Soup • Tomato Florentine Soup 	<ul style="list-style-type: none"> • Maryland Crab Soup • Lentil Soup 	<ul style="list-style-type: none"> • Turkey Noodle Soup • Pumpkin Bisque 	<ul style="list-style-type: none"> • Beef & Barley Soup • Corn Chowder 	<ul style="list-style-type: none"> • Cheese Tortellini Soup • Miso Soup 	<ul style="list-style-type: none"> • Seafood Bisque • Vegetable Soup 	<ul style="list-style-type: none"> • Chicken & Rice Soup • Tomato Basil Soup
Lunch							
	<ul style="list-style-type: none"> • Breaded Chicken Breast • Grilled Cheese • Steak Fries • Summer Squash • Steamed Carrots 	<ul style="list-style-type: none"> • Seafood Paella • Andouille Sausage • Sautéed Peppers & Potatoes • Fresh Asparagus • Cauliflower with Cheese • Hummus • Olive Tapenade 	<ul style="list-style-type: none"> • Barbecue Wings • Cheese Manicotti • Lyonnaise Potatoes • Steamed Broccoli • Fresh Yellow Squash • Hush Puppies 	<ul style="list-style-type: none"> • Soft Beef Tacos • Chicken Fajitas • Mexican Rice • Roasted Zucchini • Corn • Chips & Salsa • Vegetarian Refried Beans 	<ul style="list-style-type: none"> • Turkey Casserole • Baked Salmon • Roasted Potatoes • Confetti Vegetables • Green Beans Sauté • Grilled Vegetables 	<ul style="list-style-type: none"> • Chicken Tenders • All Beef Hot Dogs • French Fries • Steamed Garden Peas • Fresh Steamed Broccoli • Vegetable Burgers 	<ul style="list-style-type: none"> • Pulled Pork Sandwich • Fried Catfish • Baked Beans • Turnip Greens • Steamed Sweet Corn • Roasted Acorn Squash
		<ul style="list-style-type: none"> • Crepe Station • Waffle Bar 		<ul style="list-style-type: none"> • Paco's Taco Bar 		<ul style="list-style-type: none"> • Ball Park Toppings Bar 	
	<ul style="list-style-type: none"> • Fruit Trifle 	<ul style="list-style-type: none"> • Cream Puffs 	<ul style="list-style-type: none"> • Novelty Ice Cream 	<ul style="list-style-type: none"> • Fudge Brownies 	<ul style="list-style-type: none"> • Yellow Cake 	<ul style="list-style-type: none"> • Fresh Baked Cookies 	<ul style="list-style-type: none"> • Chocolate Fountain
Dinner							
	<ul style="list-style-type: none"> • Barbecue Ribs • Macaroni & Cheese • Sweet Potatoes • Green Beans • Collard Greens • Marinated Tofu • Glazed Sticky Buns 	<ul style="list-style-type: none"> • Carved Roast Pork Loin • Blackened Tuna • Cranberry Fruit Chutney • Fingerling Potatoes • Roasted Zucchini • Steamed Green Beans • Quinoa Fennel Pilaf • Lemon Bars 	<ul style="list-style-type: none"> • Pot Roast • Shrimp Scampi • Mashed Potatoes • Fresh Carrots & Onions • Seasoned Lima Beans • Curry Couscous • Blondie Bars with Chocolate Chips 	<ul style="list-style-type: none"> • Mangia! Mangia! Calzones • Baked Tilapia • Cornbread • Fried Okra • Succotash • Vegetable Frittata • Coconut Cream Pie 	<ul style="list-style-type: none"> • Baked Chicken Breast • Pasta Bar • Mashed Potatoes • Lima Beans • Steamed Sweet Corn • Black Bean Cakes • Oreo Pudding Parfaits 	<ul style="list-style-type: none"> • Ginger Beef • Sweet & Sour Chicken • Steamed Brown Rice • Fresh Bok Choy • Snow Peas • Vegetable Egg Rolls • Rice Krispy Treats 	<ul style="list-style-type: none"> • Baked Ziti • Philly Cheese Steak • Onion Rings • Sautéed Spinach • Roasted Cauliflower • Portobello Burgers • Pound Cake