


# Traditional

## Meal Plan

Breakfast: 7:00 AM - 9:00 AM  
Lunch: 11:30 AM - 1:30 PM  
Dinner: 6:00 PM - 8:00 PM  
*Meal Plan service requested outside of these times may incur additional charges.*

30+ 

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Pancakes & Syrup (230 cal) Breakfast Beef Sausage (60 cal) Or Vegan Mexican Breakfast soft Taco (260 cal)	Western Scramble ( 160 Cal) Pork Breakfast Ham (60 cal) Or Vegan Vegetable Scramble Hash (220 cal)	French Toast W\ Syrup (280 cal) Pork Bacon (40 cal) Or Vegan Bean Vegetable Casserole ( 210 cal)	Vegetable Skillet Frittata (180 cal) Pork Breakfast Ham (40 Or Vegan Cranberry Quinoa Porridge (210 cal)	Pancakes & Syrup (230 cal) Pork Bacon (40 cal) Vegan Southwest Tofu Scramble (210 cal)	French Toast W\ Syrup (280 cal) Breakfast Beef Sausage (60 cal) Or Vegan Chipotle Beans (350 cal)	Scrambled Eggs (100 cal) Pork Bacon (40 cal) Or Vegan Apple Cinnamon Raisin Oatmeal (295 cal)
	Breakfast includes: Fresh Whole Fruit (60-90 cal) Assorted Muffins & Pastries (160-375 cal), Toast, Butter, and Jam (150 cal), Juice, Coffee & Tea served with dairy and dairy-free milk (0-150 cal)						
Lunch	Pasta Bake w/ Italian Sausage (480 cal) & Baked Feta Pasta (300 cal) Or Vegan Pasta W\ Tomato and Zucchini (300 Cal) Caesar Salad (100 cal) Garden Salad (20 cal) Garlic Bread (60 cal) Fruit salad (110 cal)	Beef Fajitas (175 cal) Vegetable & Meatless Chicken Fajitas (180 cal) Or Vegan Arabic Stew & Green Beans (270cal) Greek Salad Feta on the side (110 cal) Garden Salad (20 cal) Fresh Whole Fruit (60-90 cal)	Grilled Chicken on a Bun (380 cal) Grilled Vegetable Trio Panini (510 cal) Or Vegan Grilled Vegetable Panini Coleslaw (40 cal) Greek Salad w/ Feta on the side (60 cal) Fruit Salad (110 cal)	Chicken Caesar Wrap (585 cal) Caesar Salad W\ Tofu (570 cal) Or Vegan Buffalo Meatless Chicken Wrap (480 cal) Potato Salad (120 cal) Garden Salad ( 20 cal) Fresh Whole Fruit (60-90 cal)	Mild Chicken Curry (500 cal) Red Curry Tofu & Vegetables (270 cal) Or Chickpea Coconut Curry (260 cal) Brown Rice Pilaf (140 cal) Garden Salad (20 cal) Fruit Salad (110 cal)	4 Chicken Tenders (300 cal) Mac & Cheese (565 cal) Or Vegan Cajun Mac & Cheese (565 cal) Baked Potato Wedges (80 cal) Garden Salad (20 cal) Fresh Whole Fruit (60-90 cal)	Assorted Deli Sandwiches , Assorted Vegetarian Sandwiches Or Vegan Vegetable Sandwiches (465-640 cal) Minestrone Soup (90 cal) Garden Salad (20 cal) Fresh Whole Fruit (60-90 cal)
	Lunch includes: Assorted Cold Beverages (0-150 cal)						
Dinner	Butter Chicken (320 cal) Chickpea Curry (210 cal) Or Vegan Tofu Tikka Masala Tofu (200 cal)  Cumin Scented Basmati Rice (100 cal) Naan (30 cal) Garden Salad (20 cal)	Roasted Chicken Thighs (120 cal) Crispy Baked Tofu (190 cal) Or Vegan Tomato & Lentil Stew (85 cal) Mashed Potatoes (240 cal) Assorted Dinner Rolls (100 cal) Garden Salad (20 cal)	Five Spiced Pork Loin (230 cal) Vegetable Bean Cassoulet (380 cal) Or Vegan Leek & Bean Cassoulet (370 cal) Herb Roasted Potatoes (140 cal) Assorted Dinner Rolls (100 cal) ,Garden Salad (20 cal)	Beef, Tomato& Macaroni (395 cal) Tomato & Macaroni (380 cal) Or Vegan Mediterranean Pasta (395 cal) Garlic Bread (60 cal) Garden Salad (20 cal) Caesar Salad (100 cal)	Teriyaki Beef Meatballs (130 cal) Cantonese Tofu (120 cal) Or Vegan Cantonese Tofu (270 cal) Vegetable Fried Rice (190 cal) Asian Mandarin Salad (40 cal) Assorted Dinner Rolls (100 cal)	Chicken Cacciatore (140 cal) Penne Pasta tossed W\ Marinara Sauce ( 230 cal) Or Vegan Roasted Root Vegetables (cal 210 ) Mashed Potatoes (240 cal) Garden Salad (20 cal) Garlic Bread (60 cal)	Beef Lasagna (300 cal) Alfredo Vegetarian Lasagna (260 cal) Or Vegan Pasta Primavera (330 cal)  Steamed Vegetables (30 cals) Garlic Bread (60cal) Caesar Salad (100 cal) Garden Salad (20 cal)
	Dinner includes: Choice of Dessert or Fresh Whole Fruit (60-90 cal), Assorted Cold Beverages (0-150 cal), and Coffee& Tea served with dairy and dairy-free milk						

*\*\* Minimum order of 12 servings per tray applies to Lasagna option*