

**WJU**  
**Week One**

Lunch		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stock Pot								
Soup	1	Chicken Noodle	Chicken Rice	Chicken Noodle	Chicken Rice	Chicken Noodle	Chef's Choice	Chef's Choice
Soup	2	Stuffed Pepper	Kale, Chrizo,Potato Soup	Italian Wedding Soup	Cream of Asparagus	New England Clam		
Soup	3	Veg and Herb Chowder	Roasted Red Pepper	Veg. Vegetable Soup	Tomato Basil	Veg. Kale Soup		
<b>Breakfast</b>								
Meat	1	Ham	Sausage Gravy/Biscuit	Bacon	Sausage Patty	Sausage Link	Turkey Bacon	Ham
Griddle	2	Pancakes	Crumbled Sausage	Blueberry Pancakes	Baked French Toast	Pancakes	Captn. Crunch French	Chocolate Chip Pancake
Starch		Home Fries (Bakers)	Home Fries/ Onions/Pepper	Cheesy Potatoes	Tots	Potato O'Brien	Cheesy Potatoes	Tots
Egg		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>								
Entrée	1	Sloppy Joes	BBQ Chicken Drum	Opened Faced Roast Beef	Pierogies	Grilled 8 Cut Chicken	Grilled Chic Wrap	Hamburger Casserole
Entrée	2	Broccoli Cheddar Cass.	Cordon Bleu Pasta	Pasta Florentine	Kielbasa	Tuna Noodle Casserole	Veg. Du Jour	Veg Du Jour
Starch		Steak Fries	Sweet Potato Fries	Mashed Potatoes	Sauerkraut	Roasted New Potatoes		
Vegetable	1	Squash and Tomatoes	Asparagus	Sauteed Kale	Applesauce	Zucchini		
Vegetable	2	Roasted Edamame	Parsnips	Dilled Carrots	Brussel Sprouts	Cauliflower		
Whole Body		Cheese Enchilada	Teryiaki Chic Peas with brown rice	Portabella Mushroom Caprese	Mixed Vegetable Zucchini Noodles&	Grilled Tofu		
<b>Bravo</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	Reuben Bar		
<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>								
Entrée	1	Smothered Pork Chops	Carved Eye of Round	Cajun 8 Cut Chicken	Carved Porkloin	Beef Stir-fry	Cheesesteak	Chicken Tenders
Entrée	2	Chicken Asiago Pasta	Chicken Rice Casserole	Jambalaya	Pasta Alfredo	Chicken Stir-fry	Buffalo Pierogi	Spag w/marinara
Starch		Sweet Potatoes	Rice Pilaf	Egg Noodles	Baked Potato Bar	Tofu Stir-fry	Mashed Potatoes	Garlic Mashed Potatoes
Vegetable	1	Green Beans	Cauliflower	Broccoli	Spinach	Fried Rice, White Rice	Corn	Honey Glazed Carrots
Vegetable	2	Yellow Squash	Roasted Beets	Rst. Cherry Tomato	Roasted Brussel Sprouts	Teryiaki Sauce	Beets	Edamame
Whole Body		Spaghetti Squash and Marinara	Quinoa Stuffed Zucchini	Tofu Fajitas	and Butternut Squash Stuffed Port. Mushroom	Broccoli, Carrots Snow Peas	Ricotta Stuffed Bell Peppers	Quinoa Cranberry Squash Pilaf
						Waterchesnuts		
						Baby Corn		
						Mushrooms		