

# Food2You Catering - DINING MENU

April, May & June 2016

| WEEK 1           | 4/25 5/23 6/20  | 4/26 5/24 6/21  | 4/27 5/25 6/22   | 4/28 5/26 6/23  | 4/1 4/29 5/27 6/24  |
|------------------|---|---|--|---|---|
|                  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
| <b>Breakfast</b> | Toasted Oats<br>Fresh Bananas<br>Organic Milk   | Wheat Pancakes<br>w/ Pear Puree<br>Turkey Sausage<br>Fresh Pineapple <sup>2</sup><br>Organic Milk   | Scrambled Eggs<br>Hash Browns<br>Fresh Bananas<br>Organic Milk               | Wheat Bagels<br>Turkey Bacon<br>Fresh Oranges <sup>2</sup><br>Organic Milk                  | Banana Muffins<br>Fresh Apples <sup>3</sup><br>Organic Milk             |
| <b>Lunch</b>     | Cheese Tortellini<br>Marinara Sauce<br>Peas & Carrots<br>Fresh Bread<br>Fresh Oranges <sup>2</sup>                          | Turkey Tacos<br>Flour Tortillas<br>Spanish Rice<br>Green Beans<br>Fresh Pears                       | Chicken & Cheese<br>Roll-Ups<br>Pasta Salad<br>Cucumbers<br>Fresh Cantaloupe | Asian Chicken<br>Israeli Couscous<br>Steamed Broccoli<br>Fresh Honeydew                     | Cheese Pizza<br>Green Beans<br>Fresh Fruit Salad                        |
| <b>Snack</b>     | Rice Cakes<br>Cucumber Slices<br>Organic Milk   | String Cheese<br>Fresh Apples <sup>3</sup><br>Water   | Mediterranean Hummus<br>Ciabatta Sticks<br>Organic Milk                      | Carrot Bread<br>Fresh Pears<br>Water  | Vanilla Yogurt<br>Fresh Bananas<br>Water                                |
| WEEK 2           | 4/4 5/2 5/30 6/27   | 4/5 5/3 5/31 6/28   | 4/6 5/4 6/1 6/29   | 4/7 5/5 6/2 6/30  | 4/8 5/6 6/3   |
|                  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
| <b>Breakfast</b> | Corn Flakes<br>Fresh Bananas<br>Organic Milk  | Wheat French Toast<br>w/ Applesauce<br>Turkey Bacon<br>Fresh Pineapple <sup>4</sup><br>Organic Milk | Sausage & Cheese<br>Biscuit Sandwiches<br>Fresh Bananas<br>Organic Milk      | Homemade Granola<br>Vanilla Yogurt<br>Fresh Oranges <sup>2</sup><br>Organic Milk            | Poppyseed Muffins<br>Fresh Apples <sup>3</sup><br>Organic Milk          |
| <b>Lunch</b>     | Grilled Chicken<br>Wheat Penne Pasta<br>Olive Oil & Parmesan<br>Fresh Bread<br>Peas & Carrots<br>Fresh Oranges <sup>2</sup> | Sloppy Joes<br>Wheat Bread<br>Israeli Couscous<br>Green Beans<br>Fresh Pears                        | Grilled Herb Chicken<br>Sweet Potatoes<br>Cauliflower<br>Fresh Cantaloupe    | Vegetarian Bean<br>Burrito Bowl<br>Cheese & Tortillas<br>Steamed Broccoli<br>Fresh Honeydew | Mac N' Cheese<br>Green Beans<br>Fresh Fruit Salad                       |
| <b>Snack</b>     | Saltines<br>String Cheese<br>Water  | Veggie Pasta Salad<br>Organic Milk  | Hawaiian Yogurt Salad<br>Graham Crackers<br>Water                            | Zucchini Bread<br>Fresh Pears<br>Water  | Soy Butter<br>Fresh Bananas<br>Water                                    |
| WEEK 3           | 4/11 5/9 6/6  | 4/12 5/10 6/7   | 4/13 5/11 6/8  | 4/14 5/12 6/9   | 4/15 5/13 6/10  |
|                  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
| <b>Breakfast</b> | Puffed Rice Clusters<br>Fresh Bananas<br>Organic Milk   | Wheat Waffles<br>w/ Pear Puree<br>Turkey Sausage<br>Fresh Pineapple <sup>2</sup><br>Organic Milk    | Egg & Cheese<br>Breakfast Pizza<br>Fresh Bananas<br>Organic Milk             | Biscuits & Jelly<br>Turkey Bacon<br>Fresh Oranges <sup>4</sup><br>Organic Milk              | Carrot Muffins<br>Fresh Apples <sup>3</sup><br>Organic Milk             |
| <b>Lunch</b>     | Whole Wheat Rotini<br>Marinara Meat Sauce<br>Peas & Carrots<br>Fresh Bread<br>Fresh Oranges <sup>2</sup>                    | Chicken & Cheese<br>Roll-Ups<br>Pasta Salad<br>Cucumbers<br>Fresh Pears                             | Red Beans & Rice<br>Grilled Chicken<br>Cauliflower<br>Fresh Cantaloupe       | BBQ Chicken Breast<br>Israeli Couscous<br>Steamed Broccoli<br>Fresh Honeydew                | Chicken Quesadillas<br>Spanish Rice<br>Green Beans<br>Fresh Fruit Salad |
| <b>Snack</b>     | Graham Crackers<br>Applesauce<br>Water  | Mediterranean Hummus<br>Ciabatta Sticks<br>Organic Milk   | Homemade Granola<br>Vanilla Yogurt<br>Water                                  | Spinach & Cheese<br>Roll-ups<br>Organic Milk  | String Cheese<br>Fresh Bananas<br>Water                                 |
| WEEK 4           | 4/18 5/16 6/13  | 4/19 5/17 6/14  | 4/20 5/18 6/15   | 4/21 5/19 6/16  | 4/22 5/20 6/17  |
|                  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
| <b>Breakfast</b> | Corn Flakes<br>Fresh Bananas<br>Organic Milk  | Wheat Pancakes<br>w/ Applesauce<br>Turkey Bacon<br>Fresh Pineapple <sup>4</sup><br>Organic Milk     | Sausage & Cheese<br>Biscuit Sandwiches<br>Fresh Bananas<br>Organic Milk      | Scrambled Eggs<br>Hash Browns<br>Fresh Oranges <sup>2</sup><br>Organic Milk                 | Spice Muffins<br>Fresh Apples <sup>3</sup><br>Organic Milk              |
| <b>Lunch</b>     | Pasta Alfredo<br>Grilled Chicken<br>Fresh Bread<br>Peas & Carrots<br>Fresh Oranges <sup>2</sup>                             | Cheeseburger Egg<br>Noodle Casserole<br>Wheat Bread<br>Cucumbers<br>Fresh Pears                     | Roasted Chicken<br>Mashed Potatoes<br>Cauliflower<br>Fresh Cantaloupe        | Teriyaki Chicken<br>Egg Noodles<br>Steamed Broccoli<br>Fresh Honeydew                       | Grilled Cheese<br>Sandwiches<br>Green Beans<br>Fresh Fruit Salad        |
| <b>Snack</b>     | Cucumbers & Ranch<br>Wheat Pita<br>Water  | Saltines<br>Mixed Bean Salad<br>Organic Milk  | Graham Crackers<br>Fresh Apples <sup>3</sup><br>Water                        | Zucchini Bread<br>Fresh Pears<br>Organic Milk   | Soy Butter<br>Fresh Bananas<br>Water                                    |

Infant & toddlers fruit substitutions:

1 - Bananas, 2 - Peach Puree, 3 - Applesauce, 4 - Pear Puree

**\*\* ALL LUNCHES SERVED WITH 100% CERTIFIED ORGANIC MILK \*\***

**THIS MENU HAS BEEN REVIEWED BY A REGISTERED DIETICIAN**

