

## Proposed Meal Plan—Fall 2009

### Week 1

Grilled Chicken with Lemon Sauce  
Roasted Red Potatoes  
Green Beans  
Green Salad  
Nachos  
Brownies

Beef Stroganoff  
Buttered Noodles  
Sauté Vegetables  
Green Salad  
Soup of the Day  
Fruit Salad  
Cookies

Chicken Enchilada Pie  
Mexican Rice  
Refried Beans  
Green Salad  
Fresh Vegetable Platter  
Cookies and Brownies

Blackened Catfish  
Fried Chicken  
Mac N Cheese  
Black Eyed Peas  
Green Salad  
Peach Cobbler

BBQ Boneless Beef Short Ribs  
Mashed Potatoes  
Sauté Vegetables  
Vegetable Lasagna  
Fruit Salad  
Green Salad  
Cookies and Brownies

Sandwich Buffet  
Roast Beef, Turkey, Ham, Tuna  
Italian Pasta Salad  
Potato Chips  
Green Salad  
Fruit Salad  
Cheesecake

Cheddar Cheese Egg Frittata  
Bacon and Sausage  
Hash Browns  
Fruit Salad  
Muffins  
Yogurt Granola Parfait  
Assorted Breakfast Juices

### Week 2

BBQ Chicken  
Mac N Cheese  
Corn on the Cobb  
Green Salad  
Nachos Bar  
Brownies

Beef Lasagna  
Vegetable Lasagna  
Garlic Bread  
Green Salad  
Soup of the Day  
Fruit Salad  
Chocolate Cake

Teriyaki Chicken Breast  
Steamed Rice  
Stir Fried Vegetables  
Sesame Tofu Scramble  
Green Salad  
Fruit Salad  
Cookies and Brownies

Spaghetti and Meatballs  
Tomato Basil Penne Pasta  
Garlic Bread  
Green Salad  
Fruit Salad  
Fresh Vegetable Platter  
Brownies

Smothered Chicken with Onion Gravy  
BBQ Pork Ribs  
Mac N Cheese  
Green Beans  
Green Salad  
Soup of the Day  
Cheesecake

Sandwich Buffet  
Roast Beef, Turkey, Ham, Tuna  
Italian Pasta Salad  
Potato Chips  
Green Salad  
Fruit Salad and Cookies

Pancakes and French Toast  
Scrambled Eggs  
Bacon and Sausage  
Hash Browns  
Yogurt Granola Parfait  
Muffins  
Assorted Breakfast Juices

### Week 3

Pork Chile Colorado  
Black Beans  
Mexican Rice  
Tortillas  
Nacho Bar  
Grilled Vegetable Platter  
Cookies and Brownies

Grilled Chicken Pasta Prima Vera  
Tortellini Pesto  
Soup of the Day  
Sauté Vegetables  
Garlic Bread  
Green Salad  
Fruit Salad  
Cookies

Hamburgers  
Hot Dogs  
Turkey Burgers  
Garden Burgers  
Potato Salad  
Green Salad  
Chocolate Cake

Chicken Parmesan  
Spaghetti Marinara  
Roasted Potatoes  
Garlic Bread  
Soup of the Day  
Green Salad  
Fruit Salad

Beef Stew  
Mashed Potatoes  
Steamed Rice  
Grilled Vegetables  
Green Salad  
Nacho Bar  
Brownies

BBQ Chicken Pizza  
Pepperoni Pizza  
Cheese Pizza  
Grilled Vegetable Pizza  
Green Salad  
Hawaiian White Chocolate Cake

Cheddar Cheese Egg Frittata  
Bacon and Sausage  
Hash Browns  
Fruit Salad  
Muffins  
Yogurt Granola Parfait  
Assorted Breakfast Juices

### Week 4

Chicken Cordon Blue  
Roasted Red Potatoes  
Green Beans  
Pasta Prima Vera  
Soup of the Day  
Green Salad  
Cookies and Brownies

Grilled Mahi Mahi with Mango Salsa  
Asian Stir Fried Beef  
Steamed Vegetables  
Rice Pilaf  
Green Salad  
Nacho Bar  
Cookies and Brownies

Chicken Enchilada Pie  
Nacho Bar  
Mexican Rice  
Refried Beans  
Green Salad  
Fruit Salad  
Brownies and Cookies

Sliced Sirloin Steak  
Penne Pasta Prima Vera  
Roasted Red Potatoes  
Sauté Vegetables  
Green Salad  
Soup of the Day  
Chocolate Cake

Fried Chicken  
Spaghetti and Meatballs  
Mac N Cheese  
Green Beans  
Green Salad  
Garlic Bread  
Brownies and Cookies

Taco Bar  
Shredded Chicken  
Shredded Beef  
Tortilla Soup  
Green Salad  
Fruit Salad  
Brownies and Cookies

Pancakes and French Toast  
Scrambled Eggs  
Bacon and Sausage  
Hash Browns  
Yogurt Granola Parfait  
Muffins