

## **7 Day Meal Plan**

### **Standard Breakfast:**

Scrambled Eggs (cheese and no cheese) (Veg Option- tofu scramble)  
Shredded Hash Browns or “McDonalds” Hash Browns (alternate every other day)  
Bacon or Sausage (alternate every other day) (Veg Option- veggie sausages)  
Grits or Oatmeal (alternate every other day)  
Fruit (cantaloup, honeydew, pineapple)  
Assorted Cereal  
Toast (White and Wheat)  
Oatmeal Toppings (brown sugar, raisins, cinnamon)  
Grit Toppings (butter, brown sugar, cheese)  
Orange Juice  
Milk

### **Salad Bar: (served with every dinner and cookout)**

Iceberg  
Romaine  
Spinach  
Carrots  
Tomatoes  
Beets  
Olives  
Croutons  
Shredded cheese  
Cucumbers  
Sunflower Seeds  
Chickpeas  
Bacon Bits

## **Monday**

### **Breakfast (standard plus bagels)**

full sized bagels  
cream cheese  
everything but the bagel seasoning  
jelly chips  
butter chips  
tomato  
onion

### **Lunch (meatball subs)**

meatballs in sauce (veg option- veggie balls)  
hoagies (gf option- gf buns)  
shredded mozzarella  
french fries

### **Dinner (“monday roast”)**

roast chicken (veg option- roasted eggplant)  
vegetable medley (onions, broccoli, zucchini)  
dinner rolls (gf- gf rolls)  
rosemary roasted potatoes  
chocolate cake

## **Tuesday**

### **Breakfast (standard plus pancakes)**

pancake mix (gf option- gf pancakes)  
chocolate chips  
syrops  
regular and sugar free

### **Lunch (lunch on the med)**

chicken shawarma (veg option- mushrooms cooked the same way)  
pita  
hummus  
falafel  
salad with romaine, feta, onion, chickpea, cucumber, tomato

### **Dinner (taco tuesday)**

ground taco meat (veg option- meatless meat crumbles)  
hard shells  
soft shells (gf- corn tortillas)  
toppings (lettuce, tomato, onions, cheese, sour cream, salsa)  
tomato rice  
black beans  
snickerdoodles

## **Wednesday**

### **Breakfast (standard plus yogurt bar)**

plain yogurt  
raspberries  
blueberries

strawberries  
honey  
granola

### **Lunch (BBQ)**

hamburgers (veg option- veggie burgers (baked in the oven then left at grill) )  
hotdogs  
potato buns (hamburger and hotdog) (gf option- gf buns)  
baked beans  
pasta salad (gf option- salad made with gf noodles)  
onions-lettuce- tomatoes- pickles  
cheese  
chips  
ketchup-mustard-mayo-relish  
watermelon

### **Dinner (island night)**

jerk chicken (veg option- jerk flavored stuffed peppers)  
coconut rice  
plantains  
pineapple upside cake

## **Thursday**

### **Breakfast (standard plus french toast)**

french toast (gf option- gf bread)  
syrup  
regular and sugar free  
cinnamon sugar  
leftover berries from yogurt

### **Lunch (pulled pork sammies)**

bbq pork (veg option- bbq marinated veggies)  
kaiser rolls (gf option- gf buns)  
corn bread  
pickles  
cole slaw

### **Dinner**

korean bbq chicken (veg option- korean bbq tofu)  
peppers and onions  
snap peas

bean sprouts  
white rice  
mandarine oranges  
fortune cookies

## **Friday**

### **Breakfast (standard plus bagels)**

full sized bagels (gf option- gf bagels)  
cream cheese  
everything but the bagel seasoning  
jelly chips  
butter chips  
tomato  
onion

### **Lunch (philly cheese steaks)**

chipped beef (veg option- mock beef)  
hoagie rolls (gf option- gf buns)  
mushrooms  
peppers  
onions  
cheese sauce  
tater tots

### **Dinner (bbq chicken)**

bbq chicken (veg option- bbq cauliflower steaks)  
corn on the cob  
mac and cheese (gf option- gf pasta)  
Biscuits (for dessert but people can take for their meal)  
strawberry shortcake (biscuits with strawberry preserves and whipped cream)

## **Saturday**

### **Breakfast (standard plus pancakes)**

pancake mix (gf option- gf pancake mix)  
chocolate chips  
syrops  
regular and sugar free

### **Lunch (BBQ)**

hamburgers

hotdogs  
veggie Burgers (baked in the oven then left at grill)  
potato buns (hamburger and hotdog)  
gf buns  
baked beans  
pasta salad  
onions-lettuce- tomatoes- pickles  
cheese  
chips  
ketchup-mustard-mayo-relish  
watermelon

### **Dinner (Thanksgiving)**

roast turkey (veg option- veggie loaf)  
mashed potatoes  
stuffing (gf option- gluten free bread) (veg- stuffing made with veggie broth)  
cranberry sauce  
mixed veggie medley  
chocolate chip cookies

### **Sunday**

#### **Breakfast (standard plus yogurt bar)**

plain yogurt  
raspberries  
blueberries  
strawberries  
honey  
granola

#### **Lunch (cobb salad bar)**

grilled chicken breast (veg option- grilled tofu)  
cobb salad bar  
lettuce  
tomatoes  
hard boiled egg  
bacon  
blue cheese  
salami  
breadsticks (gf option- gf breadstrokes)

**Dinner (pasta night)**

meat lasagna (veg option- veggie lasagna and plain lasagna)

garlic Bread (gf option- gf bread for garlic bread)

broccoli

caesar Salad (romaine, croutons, parm)

italian ice pops