

#### Wednesday Snack – 2:00-4:00

Baked chicken wings 3 ways

Cauliflower wings

Crudité and ranch

Chocolate bark

### Wednesday Dinner - 5:30-7:30

Churrasco chicken kabobs

Impossible kofte kabobs

Grilled mixed veggies

Chicken drumsticks

Coconut rice

Summer salad with blueberries, spiced sunflower seeds, pickled red onion, sliced cucumber, and balsamic marinated cherry tomatoes

#### Wednesday PM Snack - 9:30-10:30

Crudité

Hummus

**Pretzels** 

Fried curried chickpeas

**Nut clusters** 



# Thursday Breakfast - 7:00-9:00

#### Breakfast taco bar:

Scrambled eggs

Chicken chorizo

Impossible beef

Pico de gallo

Guacamole

Baked home fries

Tzvi's world famous black beans

Salsa



### Thursday Lunch - 12:00-2:00

Gingery ground beef with lime and herbs

White rice

Cauliflower rice

Roasted broccoli

Sliced avocado

Lettuce cups

Tofu/impossible

### Thursday Snack - 3:00-4:00

Curried sun butter dip

Crudité

Hummus and non-dairy tzatziki

Grilled chicken bits

Roasted sweet potato slices



### Thursday Dinner - 6:00-8:00

Peruvian roasted chicken

Frijoles rojos

Braised cabbage

Roasted squashes

Roasted sweet and white potatoes

Spring salad

Salsa verde

### Thursday PM Snack - 9:30-10:30

Charcuterie board – meats and fruits platter

House made sweet and Idaho potato chips

Extravagant fruit display



# Friday Breakfast – 7:00-9:00

Assorted cereals and milks

Yogurts

Granola

Cottage cheese

Scrambled eggs

Breakfast sausage

Sweet potato hash

Hard boiled eggs

Assorted hand fruits



### Friday Lunch - 12:00-2:00

Teriyaki chicken thighs
Stir fried veggies
Asian slaw
Roasted sweet potato wedges
Veggie protein

# Friday Snack – 3:00-4:00

Baked chicken nuggets
Tofu nuggets
Dipping sauce
Crudité with ranch
Hummus and pita



# Friday Dinner – 6:00-8:00

Beef carnitas

Chicken

Flour tortillas

Black beans

Red spanish rice

Fajita veggies

Portobello/cauli tacos

Friday PM Snack - 9:30-10:30

Popcorn bar



# Saturday Breakfast – 7:00-9:00

Assorted cereals and milks

Yogurts

Granola

Cottage cheese

Egg strata with veggies and cheese

Tofu scramble

Soysage

Tomato/ cucumber slices

Labneh



### **Saturday Lunch – 12:00-2:00**

**Burgers** 

Veggie burgers

Hot dogs and veggie dogs

Grilled chicken

Watermelon

Salad

Cole slaw

Chef Pete's world-famous Potato salad

### **Saturday Snack – 3:00-4:00**

Tortilla chips

Salsa

**Tostones** 

Guacamole

Misc leftover snacks



# Saturday Dinner – 6:00-8:00

Shawarma chicken

Falafel

Hummus

Tabbouleh

Baba ganoushe

Israeli salad

**Pickles** 

Quinoa with turmeric

**Saturday PM Snack – 9:30-10:30** 

**Smores** 



# Sunday Breakfast – 7:00-9:30

Assorted cereals and alternative milks

Granola

Sweet potato latkes

Sausage

House made corned beef and cabbage hash