



# 7-DAY MEAL PLANS

## ALL AMERICAN

TMS001651

**Honey Mustard Chicken**, served with potatoes Florentine and mixed vegetables.

**Chili Dog on Whole Grain Bun**, served with baked beans and corn.

**Three Cheese Macaroni and Cheese**, served with green beans and carrots.

**Western-Style Omelet**, served with potatoes O'Brien and strawberry applesauce.

**Batter-Dipped Crispy Fish Nuggets**, served with garlic mashed potatoes and carrots.

**Chargrilled Beef Patty in Pizzaiola Sauce**, served with green beans and pineapple Mandarin oranges.

**Meatloaf with Apple Brown Gravy**, served with skin-on potatoes and stewed tomatoes.

## TEXAS BLUE PLATE

TMS001659

**Baked Chicken**, served with yellow rice with tomatoes and chives, and green beans with red pepper.

**Salisbury Steak in Brown Gravy**, served with mixed vegetables and lima beans.

**Country Egg Scramble**, served with potatoes and veggies, and cranberry apples.

**Pork Riblet in BBQ Sauce**, served with sweet potatoes and mixed vegetables.

**Grilled Veal Chop with Mustard Sage Sauce**, served with skin-on potatoes and butternut squash.

**Breaded Chicken with Country Pepper Gravy**, served with skin-on potatoes and Brussels sprouts.

**Southern-Style Pollock Fingers**, served with country-style potatoes, and broccoli.

*All meals served with SunMeadow® milk, bread, and fruit, juice, or dessert.*



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**HOMESTYLE COMFORT**  
TMS001490

**Meatballs and Penne Pasta in Marinara**, served with steamed broccoli.

**Breaded Fillet of Fish**, served with mashed potatoes and mixed vegetables.

**Three Bean Chili con Carne**, served with squash medley.

**Grilled Pork Chop with Homestyle Gravy**, served with Brussels sprouts and sweet potatoes.

**Chicken Parmesan**, served with potatoes and green beans.

**Twisted Mac and Cheese with Chicken Chorizo**, served with pinto beans and steamed carrots.

**Homemade Chicken Stew**, served with steamed green beans and baked apples with raisins.

**NEIGHBORHOOD RECIPES**  
TMS001663

**Pasta Bolognese**, served with Italian vegetables.

**Chicken Marsala**, served with butternut squash and green beans.

**Hamburger Patty on Whole Grain Bun**, served with mashed potatoes and carrots.

**NY Steak Patty with Mushroom Gravy**, served with garlic mashed potatoes and mixed vegetables.

**Chicken Garden Casserole**, served with summer blend vegetables.

**Lasagna Florentine**, served with creamed spinach.

**Beef Patty in Teriyaki Sauce**, served with steamed white rice and mixed vegetables.

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## SIDEWALK CAFE

TMS001205

**Turkey and Cheese Lasagna**, served with broccoli, cauliflower, & bean medley.

**Hamburger Patty**, served with mashed potatoes and carrots.

**Sesame Chicken**, served with broccoli & carrots and steamed cauliflower with red peppers.

**Chili Dog on Whole Grain Bun**, served with baked beans and corn.

**Grilled Veal Chop with Mustard Sage Sauce**, served with diced potatoes and maple butternut squash.

**Chicken Marsala**, served with diced butternut squash and green beans.

**Seafood Gumbo**, served with brown rice and corn.

## COUNTRY FAVORITES

TMS001655

**Baked Chicken**, served with yellow rice with tomatoes & chives, and green bean & red pepper mix.

**NY Steak Patty with Herbed Gravy**, served with garlic mashed potatoes and mixed vegetables.

**Pork Riblet in BBQ Sauce**, served with sweet potatoes and mixed vegetables.

**Southern-Style Fish Fillet**, served with country-style mashed potatoes, and broccoli.

**Turkey with Country Pepper Gravy**, served with mashed potatoes and green beans.

**NY Strip Patty with Picadillo Sauce**, served with green peas and sweet potatoes.

**Egg and Cheese Scramble with Veggies**, served with cranberry apples.

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Potato Salad Recipe

6 cups cubed cooked  
1/2 cup diced celery  
3/4 cup chopped  
1/2 cup chopped  
2 tbsp. minced  
4 hard-boiled eggs,  
1 1/2 tsp. salt  
1/4 tsp. pepper  
1 tsp. mustard  
1 tbsp. lemon juice  
1 cup mayonnaise  
10 diced green

Place all ingredients  
in serving bowl. Mix.  
Add Mayo. Refrigerate  
early in day or

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## LATIN FLAVORS TMS001605

**Rancheros Cheese Omelet** (cheese omelet with chicken chorizo, potatoes, and pinto beans), served with cranberry pears.

**Cuban Black Beans and Rice**, served with whole kernel corn with red peppers and parsleyed carrots.

**Mexican Bean Burrito with Queso**, served with carrots and parsleyed whole kernel corn.

**Homemade Chicken Stew**, served with steamed green beans and baked apples with raisins.

**Beef Patty with Picadillo Sauce**, served with green peas and sweet potatoes.

**Baked Chicken**, served with green bean & red pepper mix.

**Vegetarian Chili**, served with pinto bean & carrot blend.

## RISE AND SHINE

TMS01582

**Rancheros Cheese Omelet** (cheese omelet with chicken chorizo, potatoes, and pinto beans), served with cranberry pears.

**Scrambled Eggs with Vegetables**, served with turkey sausage links, breakfast potatoes and spiced peaches.

**Western-Style Omelet**, served with potatoes O'Brien and strawberry applesauce.

**Country Knife and Fork Breakfast** (egg patty and diced potatoes with sausage country pepper gravy), served with maple-pecan cinnamon apples.

**Omelet with Cheese**, served with roasted parsley potatoes and fruited granola.

**Pancakes and Cheese & Sausage Egg Bites**, served with warm strawberry compote.

**Country Egg Skillet**, served with potatoes & veggie mix, and cranberry apples.

## VEGETARIAN DELIGHT

TMS001608

**Manicotti Alfredo**, served with seasoned peas and Italian vegetables.

**Cuban Black Beans and Rice**, served with whole kernel corn with red peppers and parsleyed carrots.

**Omelet with Cheese**, served with roasted parsley potatoes and fruited granola.

**Lasagna Florentine**, served with mixed vegetables.

**Meatless Ground Beef & Pasta Casserole**, served with pinto beans and steamed carrots.

**Chick'n Nuggets**, served with warm rice salad and sweet potatoes.

**Vegetarian Chili**, served with pinto bean & carrot blend.

*Please note: Our vegetarian meals contain eggs and dairy products*

*Meals served with SunMeadow® milk, bread, and fruit, juice, or dessert.*