



**Menu Week 2 (Jan.7th-Jan.14th)**  
**Fax 631-750-6411 or Call 631-750-6410**

\* Have A Healthy Week \*

Breakfast	CHECK	QTY
*Mushroom & Swiss Omelet w / Organic Spelt English Muffin & Fruit Preserve	<input type="checkbox"/>	
<b>Multigrain Pancakes &amp; Eggs</b>	<input type="checkbox"/>	
*Buckwheat Waffles w/Turkey Sausage	<input type="checkbox"/>	
*Turkey Bacon Omelet w/Spelt Bagel & Cream Cheese	<input type="checkbox"/>	
Fruit & Nut Multigrain Cereal w/Organic Soy Milk	<input type="checkbox"/>	
Pina Colada Oatmeal w/Low fat Milk	<input type="checkbox"/>	
* Yogurt Parfait w/ Granola	<input type="checkbox"/>	
Lunch		
*3 Bean Quinoa Salad w/Roasted Turkey	<input type="checkbox"/>	
Spicy Un-Chicken Patty w/Vegetable Medley	<input type="checkbox"/>	
*Open Face Turkey Sandwich	<input type="checkbox"/>	
Meatball Hero Pita	<input type="checkbox"/>	
*Turkey Wrap	<input type="checkbox"/>	
*BBQ Sloppy Joes w/Soy Crunch Bread	<input type="checkbox"/>	
Veggie Burger w/ Mushroom Swiss Sauce	<input type="checkbox"/>	
Dinner		
*Cider Glazed Pork Loin w/Potato Cauliflower Mash	<input type="checkbox"/>	
Turkey Stroganoff w/Whole Wheat Penne	<input type="checkbox"/>	
*Grilled Eggplant Parmesan	<input type="checkbox"/>	
*Orange Flounder w/Roasted Potatoes	<input type="checkbox"/>	
Spaghetti w/Meatballs	<input type="checkbox"/>	
*Hawaiian Chicken w/Brown Rice	<input type="checkbox"/>	
*Chicken Dijon w/Couscous or Rice & Roasted Butternut Squash	<input type="checkbox"/>	

**\*Indicates a similar Gluten free version is available\* Most meals includes a variety of vegetable side dishes.**

Name: \_\_\_\_\_ Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_