

Monday 05/14/12

Tuesday 05/15/12

Wednesday 05/16/12

Thursday 05/17/12

Friday 05/18/12

SOUP	Italian Bean & Kale Soup ▼ ▼	Minestrone Soup ▼ ▼	Vegetarian Black Bean & Corn Chili	Beef Barley Soup ■	Homemade Vegetable Tortellini Soup
SALAD			Marinated Spring Vegetable Salad ▼		
	Grapefruit Salad ▼	Cobb Salad	Artichoke Pasta Salad	Tabbouleh Salad	Classic Spinach Salad
VEGAN	Israeli Couscous Salad ■ ▼	Tomato Mozzarella Salad		Meriwether's Three Bean Salad	Fresh Fruit Tray With Romanoff Sauce
BARS & FFY'S		Caesar Salad Bar	Nacho Bar		
CLASSIC ENTRÉE	Open Face Cheese Sandwich	Sliced Grilled Chicken ■	Mixed Bean Chili with Warm Nacho Cheese Sauce	Cheese Flatbread Pizza Pepperoni Flatbread Pizza	Homemade Chicken Poppers ketchup and honey mustard
VEGETARIAN ENTRÉE	Open Face Greek Sandwich	Spinach & Mesclun Mix Homemade Fat Free Balsamic Dressing	Blackened Tilapia with Peperonata Roasted Sweet Potato Wedges	Make Your Own Fresh Vegetable Salad Bar	Marinated Pork Loin
HEALTHIER CHOICE	Breaded Eggplant with Marinara Sauce	Roasted Fresh Vegetables ■ Farmer's Market Vegetable ■	Farmer's Market Vegetable ■ Green Beans	Greek Bean Bake	Roasted Red Potatoes Steamed Vegetables
VEGETABLES & ACCOMPANIMENTS	Antipasto Bar	Bread Basket		Farmer's Market Vegetable ■ Steamed Kale	Baby Carrots Homemade Lowfat Buttermilk Ranch
	Steamed Spinach Veggie Blend	Assorted Cookies			Lemon and Cherry Italian Ice
DESSERT	Fruit & Yogurt Bar ■	Fruit & Yogurt Bar ■	Fruit & Yogurt Bar ■	Fruit & Yogurt Bar ■	Fruit & Yogurt Bar ■

LUNCH

Vegetarian ▼ Low Fat ▼ Healthier ■

salad bar and fresh fruit always available for lunch

■ Entrees (< 350 cal, < 5 g sat. fat); Soup, Salad, Sides (< 250 cal, < 5 g sat. fat); Baked Goods (< 230 cal, < 5 g fat)

Meriwether Godsey