

ArvedaMenu - WEEK1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice
Ham & Swiss Omelette	Belgian Waffles Sausage Links	Scrambled Eggs Hashbrowns	Pancakes Bacon	Breakfast Taco w/ Bacon,Egg,Cheese	French Toast Sausage Links	Blueberry Muffins Bacon
English Muffin Grits	Oatmeal	Sausage Patty Cream of Wheat	Grits	Hasbrowns Oatmeal	Cream of Wheat	Grits
Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea
Pecan Crusted Chicken w/ HoneyMustard	Crispy Catfish Pinto Beans Cole Slaw	Cheese Enchiladas Spanish Rice Refried Beans	Glazed Chicken Macaroni and Cheese	Beef Ravioli w/ Tomato Sauce Side Salad	Philly Cheesesteak French Fries Green Pea Salad	Rosemary Chicken New Potatoes Seasoned Spinach Roll
Rice Pilaf Vegetable Roll	Texas Toast		Vegetable Roll	Garlic Breadstick		
Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice
Oatmeal Cookie	Fruit	Applesauce	Cheese & Crackers	Yogurt	Root Beer Float	Fruit
Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea
Swedish Meatballs over Egg Noodles	Roast Pork Loin Roasted Potatoes	Egg Salad Sandwich	Marinated Beef Tips Mashed Potatoes	Chicken Salad Sandwich w/ Lettuce, Tomato Chips	Soft Beef Tacos Spanish Rice Refried Beans Guacamole Salad	Ham & Cheese Melt Sweet Potato Fries Tomato Soup
Asparagus Breadstick	Green Beans Roll	French Onion Soup w/ Crackers Pickle Spear	Broccoli Roll			
Chef's Choice	Apple Pie	Ice Cream	Butter Cookies	Banana Pudding	Chef's Choice	Lemon Chess Pie
Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice
Graham Crackers	Vanilla Wafers	String Cheese	Fig Newtons	Graham Crackers	Pudding	Vanilla Wafers

ArvedaMenu - WEEK2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice
Sausage and Cheese Breakfast Sandwich on English Muffin Oatmeal	Southern Kolaches Cream of Wheat	Scrambled Eggs Bacon Grits	Banana Bread Scrambled Eggs Oatmeal	Cinnamon Rolls Sausage Links Cream of Wheat	Biscuits & Gravy Grits Fruit	Scrambled Eggs Toast Oatmeal
Snack: Juice Fresh Fruit	Snack: Juice Fresh Fruit	Snack: Juice Fresh Fruit	Snack: Juice Fresh Fruit	Snack: Juice Fresh Fruit	Snack: Juice Fresh Fruit	Snack: Juice Fresh Fruit
Iced Tea King Ranch Chicker Casserole Tortilla Chips Black Beans	Iced Tea Turkey Club Sandwich Black Eyed Pea Soup Cucumber Salad	Iced Tea BBQ Chicken Potato Salad Baked Beans Texas Toast	Iced Tea Grilled Tilapia Bowtie Pasta Sauteed Zucchini Roll	Iced Tea Chicken Quesadillas Refried Beans Spanish Rice	Iced Tea Tuna Salad on Croissant Vegetable Soup w/ Crackers	Iced Tea Baked Glazed Ham San Antonio Squash Broccoli Roll
Snack: Juice Oatmeal Cookie	Snack: Juice Fruit	Snack: Juice Applesauce	Snack: Juice Cheese & Crackers	Snack: Juice Yogurt	Snack: Juice Root Beer Float	Snack: Juice Fruit
Iced Tea Turkey Burger w/ Lettuce, Tomato Onion Rings	Iced Tea Pork Chops Scalloped Potatoes Buttered Peas Roll	Iced Tea Roast Beef Sandwich Sweet Potato Fries Cole Slaw	Iced Tea Meatloaf Mashed Potatoes Green Beans Roll	Iced Tea Jambalaya Black Eyed Peas Squash Medley	Iced Tea Pizza w/ Meat and Veg Side Salad	Iced Tea Chicken Fried Ckn Mashed Potatoes Green Beans Roll
Chef's Choice Snack: Juice Graham Crackers	Apple Pie Snack: Juice Vanilla Wafers	Ice Cream Snack: Juice String Cheese	Chef's Choice Snack: Juice Fig Newtons	Key Lime Pie Snack: Juice Graham Crackers	Peach Crisp Snack: Juice Pudding	Brownies Snack: Juice Vanilla Wafers

ArvedaMenu - WEEK3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice
Ham & Swiss Omelette	Belgian Waffles Sausage Links	Scrambled Eggs Hashbrowns	Pancakes Bacon	Breakfast Taco w/ Bacon,Egg,Cheese	French Toast Sausage Links	Blueberry Muffins Bacon
English Muffin Grits	Oatmeal	Sausage Patty Cream of Wheat	Grits	Hashbrowns Oatmeal	Cream of Wheat	Grits
Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea
Fried Fish	Tortellini w/ Meat Sauce	Chicken and Dumplings	Turkey Sandwich w/ Lettuce, Tomatoes	Chicken Pot Pie Broccoli Roll	Pimento Cheese Sandwich w/ Chips	Chicken Parmesan Baked Ziti
Collard Greens Creamed Corn	Caesar Salad	w/ Crackers Vegetable	French Fries Fruit Salad		Vegetable Beef Soup	Side Salad Breadstick
Texas Toast	Breadstick					
Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice
Oatmeal Cookie	Fruit	Applesauce	Cheese & Crackers	Yogurt	Root Beer Float	Fruit
Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea
Chicken Tettrazini Zucchini Breadstick	Beef & Broccoli Stir Fry Fried Rice	Lasagna Side Salad Garlic Bread	Pot Roast w/ Vegetables Potatoes Roll	Beef Fajitas Pinto Beans Fiesta Corn	Shepherd's Pie Spinach Salad Cornbread	Bratwurst German Potato Salad Braised Red Cabbage
Brownies	Bread Pudding	Cherry Pie	Ice Cream	Peanut Butter Coo	Chef's Choice	Chocolate Chip Co
Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice	Snack: Juice
Graham Crackers	Vanilla Wafers	String Cheese	Fig Newtons	Graham Crackers	Pudding	Vanilla Wafers

ArvedaMenu - WEEK4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice	Coffee Juice
Sausage and Cheese Breakfast Sandwich on English Muffin Oatmeal	Southern Kolaches Cream of Wheat	Scrambled Eggs Sausage Grits	Banana Nut Bread Bacon Oatmeal	Cinnamon Rolls Sausage Links Cream of Wheat	Biscuits & Gravy Grits Fruit	Scrambled Eggs Toast Oatmeal
Snack: Juice Fresh Fruit	Snack: Juice Fresh Fruit	Snack: Juice Fresh Fruit	Snack: Juice Fresh Fruit	Snack: Juice Fresh Fruit	Snack: Juice Fresh Fruit	Snack: Juice Fresh Fruit
Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea
Grilled Chicken Pasta Alfredo Savory Carrots Breadstick	Steak Fingers Mashed Potatoes Broccoli Roll	MonteCristo Sandwich Chips Tomato Soup Pickle Spear	Pasta Primavera w/ Grilled Chicken Breadstick	Crab Cakes Corn Chowder Zucchini Breadstick	Beef Taco Salad w/ Lettuce, Tomatoes Spanish Rice Black Beans	Sweet & Sour Chicken Fried Rice Seasoned Cabbage
Snack: Juice Oatmeal Cookie	Snack: Juice Fruit	Snack: Juice Applesauce	Snack: Juice Cheese & Crackers	Snack: Juice Yoqurt	Snack: Juice Root Beer Float	Snack: Juice Fruit
Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea	Iced Tea
BBQ Beef Baked Beans Cole Slaw Texas Toast	Roasted Turkey Stuffing Cranberry Sauce Green Beans Roll	Pizza w/ Meat and Veg Tossed Salad	Texas Hamburger w/ Lettuce, Tomato Onion Rings	Country Ham Sweet Potatoes Green Beans Roll	Pulled Pork Sandwich Macaroni and Cheese Coleslaw	Salisbury Steak Mashed Potatoes Seasoned Spinach Roll
Brownies	Pumpkin Pie	Yellow Cake	Chef's Choice	Apple Pie	Chef's Choice	Peach Crisp
Snack: Juice Graham Crackers	Snack: Juice Vanilla Wafers	Snack: Juice String Cheese	Snack: Juice Fig Newtons	Snack: Juice Graham Crackers	Snack: Juice Pudding	Snack: Juice Vanilla Wafers