

TECH MEAL MENUS



THURSDAY, JUNE 1ST

LUNCH 12:00 PM – 1:00 PM

Soup of the Day:	Tomato Fennel
Sandwiches:	Tuna
	Turkey & Cheddar
Veggie Option:	Eggplant Caprese
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Assorted
Hand Fruit:	Bowl of Fresh Fruit
Beverages:	Coffee/Tea/Iced Tea

DINNER 5:00 PM – 6:00 PM

Soup of the Day:	Tomato Fennel
Hot Entrée:	Mustard Crusted Pork Loin
Veg/Healthy Option:	Farro & Roasted Vegetables
Vegetable:	Roasted Carrots
Starch:	Chessy Polenta
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Beverages:	Coffee/Tea/Iced Tea



FRIDAY, JUNE 2ND

LUNCH 12:00 PM – 1:00 PM

Soup of the Day:	Chicken Noodle
Sandwiches:	Tuna Ham & Swiss
Veggie Option:	Veggie & Hummus
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Assorted
Hand Fruit:	Bowl of Fresh Fruit
Beverages:	Coffee/Tea/Iced Tea

DINNER 6:00 PM – 7:00 PM

Soup of the Day:	Chicken Noodle
Hot Entrée:	Sausage & Peppers
Veg/Healthy Option	Broccoli & Calabrian Chili Paste
Vegetable:	Assorted Vegetables
Starch:	Rosemary Roasted Potatoes
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Beverages:	Coffee/Tea Iced Tea



SATURDAY, JUNE 3RD

BRUNCH: 12:00 PM – 1:00 PM

Soup of the Day:	Steel Cut Oatmeal
Sandwiches:	Bagel Spread Scrambled Eggs w/ Cream Cheese and Chives
Veggie Option:	PB & J
Salad:	Fruit Salad
Dressing:	Yogurt
Snack:	Coffee Cake/Donuts
Hand Fruit:	Bowl of Fresh Fruit
Beverages:	Coffee/Tea/Iced Tea

DINNER 6:00 PM – 7:00 PM

Soup of the Day:	Broccoli Cheddar
Hot Entrée:	General Tso's Chicken
Veg/Healthy Option:	Grilled Mixed Vegetables
Vegetable:	Sauteed Bok Choy
Starch:	Fried Rice
Salad:	Assorted Garden Greens
Dressing:	Select Dressing
Beverages:	Coffee/Tea/Iced Tea



MONDAY, JUNE 5TH

LUNCH 12:00 PM – 1:00 PM

Soup of the Day:	Cream of Tomato
Sandwiches:	Tuna Melt Beef Sliders
Veggie Option:	Avocado & Sprouts on 7-Grain
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Popcorn
Hand Fruit:	Bowl of Fresh Fruit
Beverages:	Coffee/Tea/Iced Tea

DINNER 6:00 PM – 7:00 PM

Soup of the Day:	Creamy Tomato
Hot Entrée:	Buttermilk Fried Chicken
Veg/Healthy Option:	Roasted Corn
Vegetable:	Carrots
Starch:	Mashed Potatoes and Gravy
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Assorted
Hand Fruit:	Bowl of Fresh Fruit
Beverages:	Coffee/Tea/Iced Tea/Lemonade



TUESDAY, JUNE 6TH

LUNCH 1:00 PM – 2:00 PM

Soup of the Day:	Vegetable Soup
Sandwiches:	Tuna Ham & Cheese
Veggie Option:	Portobello Mushroom & Roasted Peppers w/ Goat Cheese
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Assorted
Hand Fruit:	Bowl of Fresh Fruit
Beverages:	Coffee/Tea/Iced Tea

DINNER 6:00 PM – 7:00 PM

Soup of the Day:	Vegetable Soup
Hot Entrée:	Cajun Catfish
Veg/Healthy Option:	Crispy Okra
Vegetable:	Red Beans
Starch:	Dirty Rice
Salad:	Assorted Garden Greens
Dressing:	Select Dressings
Snack:	Assorted
Hand Fruit:	Bowl of Fresh Fruit
Beverages:	Coffee/Tea/Iced Tea



"LUNCH ONLY"

WEDNESDAY, JUNE 7TH

LUNCH 11:00 AM – 12:00 PM

Soup of the Day:

Fresh Pea Soup

Sandwiches:

Smoked Salmon

Turkey & Brie

Veggie Option:

Mozzarella & Tomato on Focaccia

Salad:

Assorted Garden Greens

Dressing:

Select Dressings

Snack:

Assorted

Hand Fruit:

Bowl of Fresh Fruit

Beverages:

Coffee/Tea/Iced Tea/Lemonade