



## S A M P L E M E N U S

### STANDARD

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
330 Calories	450 Calories	500 Calories
WHOLE WHEAT PANCAKES	VEGETABLE LASAGNA	FILET MIGNON
SUGAR FREE SYRUP	YOGURT	MUSHROOM SAUCE
MARGARINE	ROASTED BROCCOLI	BAKED SWEET POTATO
COTTAGE CHEESE	PINEAPPLE	GRAPES
BANANA		HONEY MUSTARD ZUCCHINI & CARROTS
		<i>alternative</i> SESAME MAHI MAHI

### VEGETARIAN

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
300 Calories	455 Calories	530 Calories
EGG WHITE OMELET w/CHEESE	BLACK BEAN TACO	TOFU, BASIL & PENNE PASTA
WHOLE WHEAT BAGEL	FAT FREE SOUR CREAM SALSA	GLAZED CARROTS
PEACHES	SALAD w/ALMONDS	YOGURT
YOGURT	BALSAMIC VINAIGRETTE	BAKED APPLE
	PEARS	<i>alternative</i> POTATO CRUSHED SALMON

### KOSHER

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
340 Calories	440 Calories	470 Calories
APPLE CINNAMON CHEESE BLINTZ	TOMATO, SPINACH & MOZZARELLA SANDWICH	ORANGE GINGER CHICKEN
TOASTY TOPPER	CARROT DILL SOUP	LEMON THYME RICE
STRAWBERRIES	LEMON VINAIGRETTE	SESAME SNAP PEAS
YOGURT	GRAPES	KIWI
		<i>alternative</i> CRISPY FISH