Trinity

Week 1 Breakfast Lunch and Dinner

Metz CULINARY MANAGEMENT

	Monday 16-Jul	Tuesday 17-Jul	Wednesday 18-Jul	Thursday 19-Jul	Friday 20-Jul	Saturday 21-Jul	Sunday 22-Jul
Day Breakers	Metz Complimentary Coffee Service	Metz Complimentary Coffee Service	Metz Complimentary Coffee Service	Breakfast Scrambled Eggs With Cheese Turkey Bacon Turkey Sausage Links Roasted Potatoes Cinnamon French Toast Oatmeal	Breakfast Scrambled Eggs With Cheese Turkey Bacon Turkey Sausage Patties Tatar Tots Buttermilk Pancakes Oatmeal	Breakfast Scrambled Eggs With Cheese Turkey Bacon Turkey Sausage Links Shredded Hash Browns French Toast Sticks Oatmeal	
Main Plate Live Well	LUNCH Bacon Onion Cheese Burger Crispy Battered French Fries Sauteed Lemon Pepper Garlic Broccoli Vegan Chili with Rice	LUNCH Soft Shell Taco (Beef or Chix) Mexican Rice Cajun Grilled Corn Cobs Vegetable Stuffed Bell Peppers	LUNCH BBQ Pulled Pork /Chix Sandwich Brown Sugar Baked Beans Sauteed Italian Green Beans Italian vegetable Pasta Bake	LUNCH Fried Chicken Oven Roasted Chicken Macaroni and Cheese Collard Greens and Kale Vegetarian Jumbalaya	LUNCH Meatball Sub Au Gratin Potatoes Mixed Squash & Bell Peppers Herbed Rice Stuffed Potabello	LUNCH Buffalo Chicken Sandwich Deep Fried Potato Wedges California Vegetable Blend Sweet & Sour Tofu	
Main Plate Live Well				DINNER Cheddar Meatloaf Mashed Potato Mixed cabbage Blend Vegetable Lo Mein	DINNER Grilled Chicken Breast Fried Rice Pilaf Steamed Carrots Spaghetti & Sauce	DINNER Braised Beef With Gavy Italian Grilled Chicken Garlic Romano Red Potatoes Roasted Cauliflower & Onion Chipolte Butternut Squash & Kale	

* Contains or may contain raw or undercooked ingredients. Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

V Denotes Vegetarian Item
Ve Denotes Vegan Item
GF Denotes Gluten-Free Item