

## **Sample Menu**

Grilled Chicken Burgers  
Brown Rice  
Steamed Vegetables  
Chicken Noodle soup  
Juice  
Coffee or Tea

Spaghetti (lean hamburger)  
Whole Wheat noodles  
Garlic Bread, Ceaser Salad  
Dessert  
Juice  
Coffee or Tea

Philly Beef Melt  
Fries, Gravy  
Vegetables  
Klondike Chili  
Juice  
Coffee or Tea

Baked Haddock  
Baked Potato  
Gravy  
Dessert  
Juice  
Coffee or Tea

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Roast Turkey  
Mashed Potato, gravy  
Vegetables  
Beef Vegetable Soup  
Juice  
Coffee or Tea

Chicken Club Wrap  
Brown Rice  
Dessert  
Juice  
Coffee or Tea

Ham/Cheddar melt  
Pasta Salad  
Clam Chowder  
Juice  
Coffee or Tea

Cheeseburgers  
Fries, gravy  
Dessert  
Juice  
Coffee or Tea

Hamburger Casserole  
Lean hamburger, Noodles  
Chicken Noodle soup  
Juice  
Coffee or Tea

Lasagna  
Ceaser Salad  
Garlic bread  
Dessert  
Juice  
Coffee or Tea

Chicken Fingers  
Pasta Salad  
Klondike Chili  
Roll  
Juice  
Coffee or Tea

Philly Beef Melt  
Scalloped potato  
Vegetables  
Dessert  
Juice  
Coffee or Tea

Pizza  
Ceaser Salad  
Beef Vegetable Soup  
Juice  
Coffee or Tea

Grilled Chicken Burgers  
Baked Potato  
Vegetables  
Dessert  
Juice  
Coffee or Tea

## **Notes**

Meal Plan will focus on healthy eating for most of the meals

There are no substitutions for meals served, only in the case of medical condition/allergies

Lunch served from 11:45am - 12:30pm

Supper served from 4:30pm - 5:15pm

Bagged lunches are available for those recruits unable to attend meal