

## GALEN CENTER MENU CYCLE

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HERB CRUSTED TURKEY BREAST	BARBEQUE CHICKEN	HERBED ROAST BEEF	TACO BAR	GRILLED SALMON
MASHED POTATOES	ROASTED POTATOES	STEAMED RICE	SPANISH RICE	RICE PILAF
BABY CARROTS	GREEN BEANS	BROCCOLI	BEANS	MIX VEGGIES
SALAD BAR	SALAD BAR	SALAD BAR	GREEN PEPPERS	
PASTA BAR	PASTA BAR	PASTA BAR	SALAD	SALAD BAR
POTATO BAR	POTATO BAR	POTATO BAR	PASTA BAR	PASTA BAR
			POTATO BAR	POTATO BAR
2 Training Table Proteins For FOOT BALL	2 Training Table Proteins For FOOT BALL	2 Training Table Proteins For FOOT BALL		

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEDITERRANEAN CHICKEN	TERIYAKI BEEF	ROASTED CHICKEN	ROAST TURKEY	BLACKENED CATFISH
RICE PILAF	STEAMED RICE	HERB POTATOES	STUFFING	FRUIT SALSA
SPINACH	BROCCOLI	CORN ON THE COB	MASHED POTATOES	RICE PILAF
SALAD BAR	SALAD BAR	SALAD BAR	PEAS & CARROTS	CUT CORN
PASTA BAR	PASTA BAR	PASTA BAR	SALAD BAR	SALAD BAR
POTATO BAR	POTATO BAR	POTATO BAR	PASTA BAR	PASTA BAR
			POTATO BAR	POTATO BAR
2 Training Table Proteins For FOOT BALL	2 Training Table Proteins For FOOT BALL	2 Training Table Proteins For FOOT BALL		

MENU CYCLE A

**WEEK 3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POT ROAST	TERIYAKI CHICKEN	BURRITOS/TACOS	MARINATED STEAK	GRILLED MAHI
MASHED POTATOES BROCCOLI & BABY CARROTS SALAD BAR PASTA BAR POTATO BAR	STEAMED RICE STIR FRY VEGGIES CHESTNUTS & BABY CARROTS SALAD BAR PASTA BAR POTATO BAR	SPANISH RICE BEANS SALAD BAR PASTA BAR POTATO BAR	PARSLEY POTATOES GREEN & BEANS SALAD BAR PASTA BAR POTATO BAR	FIESTA RICE CORN SALAD BAR PASTA BAR POTATO BAR
2 Training Table Proteins For FOOT BALL	2 Training Table Proteins For FOOT BALL	2 Training Table Proteins For FOOT BALL		

**WEEK 4**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ROASTED TURKEY MASHED POTATOES	GRILLED CHICKEN GOLDEN HARVEST RICE	BARBEQUE BEEF MASHED POTATOES	CHICKEN KABOBS	RED SNAPPER
GRAVY MIXED VEGGIES SALAD BAR PASTA BAR POTATO BAR	BROCCOLI & CARROTS SALAD BAR PASTA BAR POTATO BAR	PEAS & CARROTS SALAD BAR PASTA BAR POTATO BAR	RICE PILAF CORN ON COB SALAD BAR PASTA BAR POTATO BAR	RICE PILAF CAULIFLOWER & BROCCOLI SALAD BAR PASTA BAR
2 Training Table Proteins For FOOT BALL	2 Training Table Proteins For FOOT BALL	2 Training Table Proteins For FOOT BALL		