

SAMPLE MONTHLY MEAL PLAN



Tuesday

Wednesday

Thursday

Friday

Saturday

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UTAH STATE UNIVERSITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				sausage & cheddar scramble w/ breakfast potatoes grilled chicken ceasar salad w/ croutons & Parmesan pan seared white fish w/ lemon butter sauce & brown rice	biscuits and gravy 1 tuna melt on rye bread w/ green salad and vinaigrette grilled sirloin steak w/ mixed vegetables & potatoes	sweet cream pancake w / sausage patties 2 BLT wraps w/ romaine assorted potato chips grilled bbq chicken w/ roasted corn & brown rice
bacon & cheddar 3 scramble w/ green peppers turkey swiss and romaine hogie sandwiches shredded pork tacos with refried beans and rice	french toast sticks w/ bacon 4 italian salad w/ mixed greens roasted peppers, aparagus grilled salmon, roasted vegetables & potatoes	chorizo, egg & cheese breakfast burrito 5 egg salad on croissant w/ green salad & vinaigrette beef stroganoff, egg noodles w/ roasted vegetables	spinach & tomato egg casserole 6 hot roast beef and cheddar sandwich w/ chips shrimp scampi over lingiune cream sauce & asparagus	steel cut oatmeal w/ berries & nut butter 7 tuna salad over mixed greens orange chicken, white rice stir fried vegetables	cold cereal varieties assorted danish 8 grilled chicken ceasar salad w/ croutons & parmesan cheese tortellini w/ marinara & garlic bread	breakfast bagel w/ sausage egg & cheese 9 turkey & cranberry thanksgiving wraps pork chops w/ roasted red pepper sauce, potatoes
egg, potato & cheese scramble 10 Italian green salad w/ salami, artichokes & cherry tomato chicken enchilada casserole shredded cheese, salsa	ham & egg casserole w/ cheddar 11 turkey bacon swiss melt on fresh croissant meatloaf w/ rosemary red potato & mushroom brown gravy	fried egg sandwich w/ pepper jack cheese 12 Philly cheesesteak on hoagie roll w/ sautéed pepper & onion chicken teriyaki grilled vegetables brown rice	cheese blintz w/ berry glaze 13 crispy chicken sandwich on brioche bun grilled shrimp fajitas white rice flour tortillas	spinach & Havarti cheese omelet 14 southwestern chicken salad w/ black bean salsa BBQ pork w/ mashed potatoes & corn	sausage egg & cheese biscuit 15 meatball sub w/ marinara italian chopped salad chicken cordon blue basil cream roasted potato	scrambled eggs w/ onions & peppers 16 turkey bacon tomato wraps w/ romaine Chinese lemon pepper chicken steamed rice & vegetable stir- fry
toasted bagel w/ assorted cream cheese & bacon 17 chicken, tomato & mozzarella on brioche bun shredded BBQ pork grilled sweet corn	steel cut oatmeal w/ cream & berries 18 hot ham and swiss served open faced w /green salad baked cod w/ garlic butter sauce white rice & mixed vegetables	blueberry pancakes bacon / sausage 19 turkey swiss & tomato deli sandwich w/ pesto pot roast, steamed carrots roasted potatoes & gravy	veggie scrambled eggs w/ swiss 20 chicken salad sandwich on croissant w/ fresh green salad beef tips over brown rice sautéed squash	breakfast burrito egg, sausage, cheddar 21 Chinese chicken salad w/ crispy noodles roasted pork tenderloin grilled mushroom sauce baked potato	cold cereal assortment & danish 22 hot tuna melt on texas toast grilled sirloin steaks garlic mashed potatoes roast broccoli	french toast sticks sausage patties 23 grilled chicken sandwich w/ romaine on sourdough shrimp scampi & bowtie pasta cream sauce, grilled vegetables
scrambled eggs w/ breakfast meats & English muffin 24 grilled chicken caesar salad BBQ ribs w/ cornbread green beans	spinach tomato & feta omelet 25 cobb salad w/ shrimp roast turkey w/ sweet potato casserole & sauteed broccoli	baked ham & swiss quiche 26 southwestern chicken sandwich tortilla chips & corn salsa crispy fried chicken red beans & rice coleslaw	malted pancakes w/ cream & berries 27 Italian sub sandwich w/ fresh green salad & chips stir-fried lemon pepper steak steamed rice carrots	denver omelete w/ cheddar 28 crispy chicken wrap w/ sun-dried tomato sauce grilled chicken fajitas brown rice	green chile scramble breakfast potatoes 29 ham and cheese melt on texas toast roasted pork loin with mashed potato, mixed vegetables	continental breakfast w/ danish and yogurt 30 turkey wraps w/ sundried tomato pesto chicken enchiladas with black bean salsa

- all breakfast served w/ assorted fresh fruit & 2% milk
- assorted breakfast yogurts served each Tuesday and Saturday

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