

# SAMPLE MONTHLY MEAL PLAN



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		green chile scramble breakfast potatoes <b>1</b> ham and cheese melt on texas toast roasted pork loin with mashed potato, mixed vegetables	continental breakfast w/ danish and yogurt <b>2</b> turkey wraps w/ sundried tomato pesto chicken enchiladas with black bean salsa	sausage & cheddar scramble w/ breakfast potatoes <b>3</b> grilled chicken ceaser salad w/ croutons & Parmesan pan seared white fish w/ lemon butter sauce & brown rice	biscuits and gravy <b>4</b> tuna melt on rye bread w/ green salad and vinaigrette grilled sirloin steak w/ mixed vegetables & potatoes	sweet cream pancake w / sausage patties <b>5</b> BLT wraps w/ romaine assorted potato chips grilled bbq chicken w/ roasted corn & brown rice
bacon & cheddar scramble w/ green peppers <b>6</b> turkey swiss and romaine hogie sandwiches shredded pork tacos with refried beans and rice	french toast sticks w/ bacon <b>7</b> italian salad w/ mixed greens roasted peppers, aparagus grilled salmon, roasted vegetables & potatoes	chorizo, egg & cheese breakfast burrito <b>8</b> egg salad on croissant w/ green salad & vinaigrette beef stroganoff, egg noodles w/ roasted vegetables	spinach & tomato egg casserole <b>9</b> hot roast beef and cheddar sandwich w/ chips shrimp scampi over lingiune cream sauce & asparagus	steel cut oatmeal w/ berries & nut butter <b>10</b> tuna salad over mixed greens orange chicken, white rice stir fried vegetables	cold cereal varieties assorted danish <b>11</b> grilled chicken ceasar salad w/ croutons & parmesan cheese tortellini w/ marinara & garlic bread	breakfast bagel w/ sausage egg & cheese <b>12</b> turkey & cranberry thanksgiving wraps pork chops w/ roasted red pepper sauce, potatoes
egg, potato & cheese scramble <b>13</b> Italian green salad w/ salami, artichokes & cherry tomato chicken enchilada casserole shredded cheese, salsa	ham & egg casserole w/ cheddar <b>14</b> turkey bacon swiss melt on fresh croissant meatloaf w/ rosemary red potato & mushroom brown gravy	fried egg sandwich w/ pepper jack cheese <b>15</b> Philly cheesesteak on hoagie roll w/ sautéed pepper & onion chicken teriyaki grilled vegetables brown rice	cheese blintz w/ berry glaze <b>16</b> crispy chicken sandwich on brioche bun grilled shrimp fajitas white rice flour tortillas	spinach & Havarti cheese omelet <b>17</b> southwestern chicken salad w/ black bean salsa BBQ pork w/ mashed potatoes & corn	sausage egg & cheese biscuit <b>18</b> meatball sub w/ marinara italian chopped salad chicken cordon blue basil cream roasted potato	scrambled eggs w/ onions & peppers <b>19</b> turkey bacon tomato wraps w/ romaine Chinese lemon pepper chicken steamed rice & vegetable stir- fry
toasted bagel w/ assorted cream cheese & bacon <b>20</b> chicken, tomato & mozzarella on brioche bun shredded BBQ pork grilled sweet corn	steel cut oatmeal w/ cream & berries <b>21</b> hot ham and swiss served open faced w /green salad baked cod w/ garlic butter sauce white rice & mixed vegetables	blueberry pancakes bacon / sausage <b>22</b> turkey swiss & tomato deli sandwich w/ pesto pot roast, steamed carrots roasted potatoes & gravy	veggie scrambled eggs w/ swiss <b>23</b> chicken salad sandwich on croissant w/ fresh green salad beef tips over brown rice sautéed squash	breakfast burrito egg, sausage, cheddar <b>24</b> Chinese chicken salad w/ crispy noodles roasted pork tenderloin grilled mushroom sauce baked potato	cold cereal assortment & danish <b>25</b> hot tuna melt on texas toast grilled sirloin steaks garlic mashed potatoes roast broccoli	french toast sticks sausage patties <b>26</b> grilled chicken sandwich w/ romaine on sourdough shrimp scampi & bowtie pasta cream sauce, grilled vegetables
scrambled eggs w/ breakfast meats & English muffin <b>27</b> grilled chicken caesar salad BBQ ribs w/ cornbread green beans	spinach tomato & feta omelet <b>28</b> cobb salad w/ shrimp roast turkey w/ sweet potato casserole & sauteed broccoli	baked ham & swiss quiche <b>29</b> southwestern chicken sandwich tortilla chips & corn salsa crispy fried chicken red beans & rice coleslaw	malted pancakes w/ cream & berries <b>30</b> Italian sub sandwich w/ fresh green salad & chips stir-fried lemon pepper steak steamed rice carrots	denver omelete w/ cheddar <b>31</b> crispy chicken wrap w/ sun-dried tomato sauce grilled chicken fajitas brown rice		

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

food services by  
**INSPIRED CUISINE AZ**

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