

# **Time Laps:**

## **Dinner:**

Garden Salad: Romaine Lettuce, Cucumbers, Tomatoes, Carrots, Red Onion  
Served with Balsamic Vinaigrette and Ranch

Main: Penne with Marinara, Chicken, and Parmesan

Vegan Option: Penne with Marinara and Vegan Parmesan

Mashed Potatoes

Seasonal Vegetables

Artisan Dinner Rolls

## **Breakfast:**

Peanut Butter Oatmeal

Yogurt and Granola

Banana Bread

Fresh Fruit

Hard Boiled Eggs

Breakfast Sausage

Breakfast Potatoes

Assorted Granola Bars

## **Lunch:**

Chicken Shawarma

Served with Tzatziki, Pickled Onions, Tomatoes, Cucumbers, and Pita

Vegan Option: Grilled Veggie Skewers

Steamed Broccoli

Cucumber Salad

Steamed Rice

Orzo Salad