

TIMELAPS

M E N U

DINNER

Salad

Romaine Lettuce, Cucumbers, Tomatoes, Carrots, Red Onion

Main

Penne Pasta with Marinara, Chicken, and Parmesean

Vegan Option: Penne with Marinara and Vegan Parmesan

Sides

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

Main

Chicken Shawarma served with Tzatziki, Pickled Onions,
Tomatoes, Cucumbers, Pita

Vegan Option: Grilled Veggie Skewers

Sides

Steamed Broccoli

Cucumber Salad

Steamed Rice

Orzo Salad