

Pocosin Arts Two-Day Meal Plan Sample Menu

	Breakfast	Lunch	Dinner	Vegetarian
Thursday			Pork Chop Rice Pilaf Green Beans Yeast Roll Chocolate Cake	Dinner: Cheese Stuffed Ravioli
Friday	Scrambled Eggs Bacon Grits Biscuits	Terriaki Veggie Burger with Lettuce & Tomato Pasta Salad Cucumber Salad Chips & Cookie	Baked Chicken Breast Steamed Vegetables Roasted Potatoes Cornbread Muffin Sweet Potato Pie	Breakfast: Vegetarian Bacon Lunch: Terriaki Veggie Burger Dinner: Vegetarian Chicken
Saturday	Large Cinnamon Roll Sausage Baked Apples	BBQ Sandwich with Slaw Baked Beans Brownie	Lasagna California Vegetable Blend Garlic Bread Pineapple Cake	Breakfast: Vegetarian Sausage Lunch: Black Bean Burger Dinner: Vegetable Lasagna

Menu Options are tentative and subject to change due to food inventory and supply.

All Breakfast selections include a cereal assortment, fresh fruit, milk, juice, and coffee.

All Lunch & Dinner meals include a garden salad, entree, 2 side selections, bread, dessert, and beverage.

Garden Salad includes: Salad greens, cherry tomatoes, cucumbers, sliced boiled eggs, shredded cheese, bacon bits, crutons, and salad dressing.