

Pocosin Arts Five-Day Meal Plan Sample Menu

	Breakfast	Lunch	Dinner	Vegetarian
Sunday			Fried Chicken Mashed Potatoes Green Beans Yeast Rolls Fruit Cobbler	Dinner: Veggie Chicken Strip Fettucini Alfredo
Monday	Pancakes with Syrup Sausage Baked Cinnamon Apples	Blackbean Burger with Fixings Baked Beans Potato Salad Cookie	Meat Lasagna Steamed Vegetables Corn Niblets Garlic Bread Hershey Bar Cake	Breakfast: Veg. Sausage Lunch: Black Bean Burger Dinner: Veggie Pasta Bake
Tuesday	Breakfast Cassarole with Ham, Onions, & Peppers Hashbrown Potatoes French Toast Sticks	Taco Tuesday with Shredded Chicken Refried Beans Fiesta Rice Churros	Baked Pork Loin Rice Pilaf Green Peas & Carrots Yeast Roll Sweet Potato Pie	Breakfast: Breakfast Cassarole Lunch: Veg. Chicken Strips Dinner: Veggie Stir Fry
Wednesday	Sausage & Sausage Gravy Scrambled Eggs Biscuit	Turkey Sub with Lettuce & Tomato Pasta Salad Cucumber Salad Chips & Brownie	Stuffed Peppers Roasted Potatoes Steamed Broccoli Garlic Bread Pineapple Cake	Breakfast: Veggie Omlette Lunch: Hummus Wrap with Fresh Vegetables Dinner: Stuffed Peppers with Couscous
Thursday	Country Ham Biscuits Boiled Eggs Oatmeal	Vegetable Soup Garden Salad & Baked Potato with Toppings Cupcakes	Chicken & Pastry Butterbeans & Corn Cabbage Cornbread Muffins Apple Cobbler	Breakfast: Oatmeal Lunch: Vegetable Soup Dinner: Eggplant Parmesan
Friday	Scrambled Eggs Bacon Grits Fresh Baked Scones	Chicken Salad Cold Plate with Lettuce & Tomato Broccoli Salad Macaroni Salad Crackers & Cookie	Butternut Squash Ravioli with Squash Medley Green Beans Yeast Roll Chocolate Cake	Breakfast: Veg. Bacon Lunch: Hummus with Fresh Broccoli & Carrots Dinner: Butternut Squash Ravioli with Squash Medley

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.