



Monday

Tuesday

Wednesday

Thursday

Friday



## Sizzle &amp; Main



Fried Chicken Sandwich  
Waffle Fries\*  
Buttered Corn\*  
BBQ Baked Beans \*

Sesame Chicken  
Vegetable Fried Rice\*  
Ginger Broccoli\*  
Lo Mein Noodles

Breakfast for Lunch  
Scramble Eggs\*  
Cheese Grits  
Sausage Patties\*  
Fresh Baked Biscuit's

New Orleans Style  
Chicken & Sausage Jambalaya  
Stewed Okra Tomatoes  
Slow Simmered Pinto Beans  
Sweet Cornbread\*

BBQ Ribs  
Macaroni & Cheese  
BBQ Baked Beans\*  
Green Beans\*



## Balanced Bite



Red Beans with Sausage\*  
White Rice  
Collard Greens\*  
Beignets

Cheese Ravioli  
Warm Garlic Bread  
Honey Glazed Carrots\*

Roasted Chicken\*  
Steamed Broccoli\*  
Roasted Red Potatoes\*

Grilled Cheese Sandwiches  
House Fried Potato Chips\*  
Roasted Zucchini &  
Squash\*

**Noodle Bowl**  
Chicken, Tofu, Edamame,  
Broccoli, Carrots,  
Red Onions, Pepper Mix



## Simmer's Soup Stop



Tomato Basil Bisque\*  
Hearty Vegetable Soup\*

Egg Drop Soup\*  
Asian Beef & Noddle Soup

Chicken Noodle Soup  
Corn Chowder

Chicken & Sausage Gumbo  
Vegetable Noodle Soup

Potato & Bacon Soup\*  
Broccoli & Cheddar



## Sprout Berry's Salads



All American Pasta Salad  
Apple Maple Bacon Salad\*

Crispy Wonton Salad\*  
Mandarin Orange Salad\*

Chopped Salad\*  
Tuna Salad\*

Blackened Chicken Salad\*  
Creamy Cajun Pasta Salad

House Made Cole Slaw\*  
Cobb Salad\*

Sausage &amp; Pepperoni Pizza

Cheese Pizza

Pepperoni Pizza

Pizza Of the Day



Salad Bar Includes:

Romaine Lettuce, Mixed Greens,

Twelve Fresh Toppings, Two Composed Salads

Assorted Salad Dressings



ChefAdvantage is committed to serving nutritious and delicious meals!

We use locally sourced ingredients whenever possible.

We do not use MSG, Trans Fats or High Fructose Corn Syrup  
Gluten Free Items \*



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## Sizzle &amp; Main



Hot Dogs  
Crispy French Fries\*  
Sautéed Green Beans\*  
Crispy Cheese Sticks

Oven Baked Pork Loin\*  
Roasted Sweet Potatoes  
Creamed Spinach  
Slow Simmered Lima Beans\*

Beef Fajitas\*  
Cilantro Lime Rice  
Seasoned Pinto Beans\*  
Roasted Broccoli\*

Chicken & Waffles with  
Maple Syrup  
Herb Roasted Red Potatoes\*  
Honey Glazed Carrots\*

Philly Cheesesteaks  
House Fried Potato Chips\*  
Steamed Peas & Carrots\*  
Caesar Salad\*



## Balanced Bite



Beef & Broccoli\*  
Steamed Peas & Carrots\*  
White Rice

Beef Empanadas  
Southwestern Potatoes\*  
Mexican Style Street Corn

Herb Roasted Chicken\*  
Sautéed Cabbage with  
Bacon\*  
Buttered Cornbread\*

Chicken & Waffles with  
Maple Syrup  
Herb Roasted Red Potatoes\*  
Honey Glazed Carrots\*

Blacken Chicken\*  
Roasted Brussel Sprouts\*  
Buttered Noodles



## Simmer's Soup Stop



Beef & Lentil\*  
Butternut Squash Soup\*

Cheeseburger Soup  
Hearty Vegetable Soup\*

Black Bean Soup\*  
Chicken Tortilla Soup\*

Split Pea Soup with Ham\*  
Creamy Corn Chowder

Creamy Tomato Bisque  
Chicken Noodle Soup



## Sprout Berry's Salads



Apple Chicken Salad\*  
Old Fashion Potato Salad\*

BLT Pasta Salad  
Cole Slaw\*

Corn & Black Bean Salad\*  
Southwestern Chopped Salad\*

BLT Pasta Salad  
Buffalo Chicken Salad\*

Mrs. Annette's Tuna Salad\*  
Farfalle Pasta with Peas & Ham

Sausage &amp; Pepperoni Pizza

Cheese Pizza

Pepperoni Pizza

Pizza Of the Day



Salad Bar Includes:

Romaine Lettuce, Mixed Greens,

Twelve Fresh Toppings, Two Composed Salads

Assorted Salad Dressings



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## Sizzle &amp; Main



## Pasta Bar

Meat Sauce & Alfredo Sauce\*  
Steamed Broccoli\*  
Caesar Salad\*  
Warm Garlic Bread

## Sandwich Bar

Ham or Turkey  
Hoagie Rolls Wheat Bread  
Slice Tomato Shredded Lettuce  
American Cheese Pickles  
Black Olives Sliced Red Onions  
Banana Peppers Cucumbers  
House Fried Potato Chips\*

BBQ Chicken  
Roasted Red Potatoes\*  
Brussel Sprouts\*  
Macaroni & Cheese

Hamburger's  
BBQ Baked Beans\*  
Steamed Peas & Carrots\*  
Crinkle Cut Fries\*

Beef & Cheese Enchiladas  
Southwestern Rice  
Slow Simmered Pinto Beans\*  
Cinnamon & Sugar Dusted  
Churros



## Balanced Bite



Pork Tamales  
Mexican Style Street Corn\*  
Refried Beans

Sandwich Bar  
Ham or Turkey  
Hoagie Rolls Wheat Bread  
Slice Tomato Shredded Lettuce  
American Cheese Pickles  
Black Olives Sliced Red Onions  
Banana Peppers Cucumbers  
House Fried Potato Chips\*

Vegetarian Brunswick Stew  
Roasted Root Vegetables\*  
Fluffy Yellow Rice

Blacken Catfish\*  
Steamed Cabbage\*  
Buttered Rolls

Home-Made Vegetable  
Lasagna\*  
Eggplant Parmesan  
Italian Style Green Beans\*



## Simmer's Soup Stop



Italian Sausage Soup\*  
Three Bean Stew\*

Beef & Lentil Soup &  
Classic Tomato Soup\*

Chicken Noodle Soup  
Hearty Vegetable Soup\*

Chicken & Rice Soup  
Creamy Cauliflower Soup

Chicken Enchilada Soup  
Black Bean Soup\*



## Sprout Berry's Salads



Caprese Salad  
Pesto Pasta Salad

Creamy Potato Salad\*  
Broccoli Salad\*

Spinach & Apple Salad\*  
Greek Salad\*

Cobb Salad\*  
Buffalo Chicken Pasta Salad

Black Bean & Corn & Tomato Salad\*  
Southwest Chicken Salad\*

Sausage &amp; Pepperoni Pizza

Cheese Pizza

Pepperoni Pizza

Pizza Of the Day



Salad Bar Includes:

Romaine Lettuce, Mixed Greens,

Twelve Fresh Toppings, Two Composed Salads

Assorted Salad Dressings



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## Sizzle &amp; Main



Grilled Hamburgers  
Crinkle Cut Fries\*  
Broccoli & Cheese  
Confetti Corn\*

Crispy Chicken Nuggets  
Crinkle Cut Fries\*  
Steamed Peas & Carrots\*  
Sautéed Green Beans\*



## Balanced Bite



Sausage with Peppers &  
Onions  
Steamed White Rice  
Buttered Rolls

Marinated Tofu & Sweet  
Green Peas\*  
Cornmill Dusted Fried Okra\*  
Homemade Vegetable Lasagna



## Simmer's Soup Stop



Chicken Noodle Soup  
Corn Chowder

Classic Chili  
Old Fashion Tomato Soup\*



## Sprout Berry's Salads



Chicken Salad\*  
Bowtie Pasta with Green Peas & Ham

Mrs. Annette's Tuna Salad\*  
Chopped Salad\*

Sausage & Pepperoni Pizza  
Cheese Pizza  
Pepperoni Pizza  
Pizza Of the Day



Salad Bar Includes:  
Romaine Lettuce, Mixed Greens,  
Twelve Fresh Toppings, Two Composed Salads  
Assorted Salad Dressings



  
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## Sizzle &amp; Main



Hand Breaded Chicken  
Tenders  
Crinkle Cut Fries\*  
BBQ Baked Beans  
Honey Glazed Carrots\*

Pepper Beef\*  
Vegetable Fried Rice  
Ginger Broccoli\*  
Vegetable Spring Rolls

Wing Wednesday  
Plain, Classic Buffalo,  
Teriyaki BBQ  
Crinkle Cut Fries\*  
Sautéed Green Peas\*

Simmered Beef Tips & Gravy  
Garlic Mashed Potatoes\*  
Southern Style Biscuits  
Sautéed Green Beans\*

Spaghetti & Meatballs  
Steamed Broccoli\*  
Caesar Salad \*  
Warm Garlic Bread



## Balanced Bite



Teriyaki Roasted Chicken\*  
Lo Mein Noodles  
Stir-Fried Vegetables\*

Vegan Chickpea Curry\*  
Peta Bread  
Steamed White Rice

Wing Wednesday  
Plain, Classic Buffalo,  
Teriyaki BBQ  
Crinkle Cut Fries\*  
Sautéed Green Beans\*

**Hummus Bar**  
Plain & Roasted Red Pepper  
Hummus, Carrots, Celery,  
Pita Chips, Broccoli

Sliced Ham\*  
Roasted Root Vegetables\*  
Fluffy Yellow Rice\*



## Simmer's Soup Stop



Chicken Noodle Soup  
Kale & Beans Soup\*

Egg Drop Soup\*  
Vegetable Beef Soup\*

Beef & Lentil Soup\*  
Broccoli & Cheese Soup

Potato & Bacon Soup\*  
French Onion Soup\*

Beef Vegetable Soup\*  
Broccoli & Cheddar



## Sprout Berry's Salads



Pear Salad\*  
Greek Salad\*

Crispy Wonton Salad\*  
Mandarin Orange Salad\*

Old Fashion Pasta Salad  
Cucumber & Tomato Salad\*

Chicken & Apple Salad\*  
Cobb Salad\*

Caprese Salad  
Broccoli Salad\*

Sausage &amp; Pepperoni Pizza

Cheese Pizza

Pepperoni Pizza

Pizza Of the Day



Salad Bar Includes:

Romaine Lettuce, Mixed Greens,

Twelve Fresh Toppings, Two Composed Salads

Assorted Salad Dressings



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