



Monday

Tuesday

Wednesday

Thursday

Friday



Sizzle & Main



Philly Cheesesteaks
House Fried Potato
Chips*
Steamed Green Beans*
Honey Glazed Carrots*

Hand-Breaded Chicken
Tenders
Crinkle Cut Fries*
Sauteed Green Beans*
Steamed Broccoli*

Beef & Cheese Enchilada
Southwest Rice
Slow Simmered Pinto
Beans*
Mexican Style Street
Corn*

Crispy Chicken Thighs
Cheesy Cheddar Grits*
Roasted Zucchini &
Squash*
Fresh Baked Rolls

New Orleans Style
Chicken & Sausage
Jambalaya*
BBQ Baked Beans*
Sweet Cornbread*
Honey Carrots*



Balanced Bite



Cheese Ravioli
Mini Corndogs
Steamed Broccoli &
Cauliflower

Mini Corndogs
Steamed Cabbage*
Cornmeal Dusted Fried Okra*

Nacho Bar
Nacho Chips Nacho Cheese
Fresh Salsa

Grilled Cheese Sandwiches
House Fried Potato Chips*
Crispy Cheese Sticks

Red Beans with Sausage*
Steamed White Rice*
Beignets



Simmer's Soup Stop



Beef Lentil Soup*
Vegetable Minestrone*

Split Pea & Ham*
Hearty Vegetable Soup*

Southwestern Chicken & Rice
Soup
Black Bean Soup*

Chicken & Sausage Gumbo
Vegetable Noodle Soup

Chicken & Dumpling Soup
Corn Chowder



Sprout Berry's Salads



Creamy Potato Salad*
Carrot Salad*

All-American Pasta Salad
Apple Maple Bacon Salad*

Southwestern Chicken Salad*
Black Bean, Corn, & Tomato Salad

Pesto Pasta Salad
Caprese Salad*

Cucumber & Tomato
Salad*
Cobb Salad*

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



Salad Bar Includes:
Romaine & Iceberg Lettuce Mix, 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 & Main



**PROFESSIONAL
DEVELOPMENT**

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

Spaghetti & Meatballs
Roasted Root
Vegetables*
Steamed Broccoli*
Garlic Bread

Fried Chicken
Steamed Green Beans*
Mac & Cheese
Mashed Potatoes*

BBQ Ribs*
Collard Greens*
Corn on-the Cobb*
BBQ Baked Beans*



Balanced Bite



French Toast Sticks
Crispy Hashbrowns*
Steamed Broccoli*

Cheese Ravioli
Broccoli & Cheese*
Eggplant Parmesan

Vegetable Lasagna*
Red Beans
Steamed White Rice

Slow Simmered Lima Beans*
Buttered Cornbread*
Macaroni & Cheese



Simmer's Soup Stop



Beef Vegetable Soup*
Cream of Mushroom Soup

Creamy Mushroom Soup
Zuppa Toscana

Split Pea Soup with Ham*
Creamy Corn Chowder

Chicken & Rice Soup
Black Eyed Pea Soup*



Sprout Berry's Salads



Pear Salad*
Buffalo Chicken Pasta
Salad

Creamy Potato Salad*
Old Fashion Tuna Salad*

BLT Pasta Salad
Buffalo Chicken Salad*

Creamy Potato Salad
Classic Egg Salad*

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



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



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Sesame Chicken*
Lo Mein Noodles
Stir Fry Veggies*
Roasted Ginger Broccoli*

Fried Chicken Sandwich
Waffle Fries*
Steam Broccoli*
Peas & Carrots*

Beef Fajitas*
Cilantro Lime Rice
Seasoned Pinto Beans*
Garlic Roasted Red Potatoes*

Crispy Chicken Nuggets
Crinkle Cut Fries*
Southern Green Beans*
Slow Simmered Pinto Beans*

Oven Baked Pork Loin*
Roasted Sweet Potatoes
Creamed Spinach
BBQ Baked Beans*



Balanced Bite



Veggie Fried Rice*
Vegetable Spring Rolls
Asian Style Green Beans*

Nacho Bar
Nacho Chips*
Fresh Salsa Cheese Sauce

Beef Empanadas
Cinnamon Sugar Churros
Cornmill Dusted Fried Okra*

Grilled Cheese
House Fired Potato Chips*
Broccoli & Cheese

Grilled Cheese Sandwiches
Roasted Broccoli*
Buttered Noodles



Simmer's Soup Stop



Egg Drop
Asian Beef & Noodle

Chicken Salad*
Egg Salad*

White Chicken Chili
Broccoli Cheddar Soup

Chicken Noodle Soup
Creamy Tomato Soup

Beef Vegetable Soup
Classic Tomato Soup*



Sprout Berry's Salads



Mandarin Orange Chicken Salad*
Crispy Wonton Salad

Chicken & Rice Soup
Three Bean Soup*

Black Bean & Tomato Salad*
Southwestern Chopped Salad*

Spinach & Apple Salad*
Greek Salad *

Southern Creamy Potato Salad*
Broccoli Salad*

Sausage & Pepperoni Pizza

Cheese Pizza

Pepperoni Pizza

Pizza Of the Day

Salad Bar Includes:

Romaine & Iceberg Lettuce Mix, Mixed Greens,

Twelve Fresh Toppings, Two Composed Salads

Assorted Salad Dressings



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Sizzle & Main



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*

Hot Dogs
Macaroni & Cheese
Steamed Green Peas*
Crinkle Cut Fries*

Pasta Bar
Marana Sauce* & Chaiken
Alfredo Sauce
Steamed Broccoli*
Caesar Salad*
Warm Garlic Bread

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

Blackened Chicken Thighs*
Cheesy Cheddar Grits*
Roasted Zucchini &
Squash*
Fresh Baked Biscuits



Balanced Bite



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*

Buttered Noodles
Broccoli & Cheese
Mini Corndogs

Vegetable Lasagna*
Italian Green Beans*
Cornmill Dusted Fried
Okra*

Sausage with Peppers &
Onions*
Roasted Brussel Sprouts
with
Bacon*

Sausage with Peppers
& Onions*
Honey Buttered Cornbread*



Simmer's Soup Stop



Chicken Noodle Soup
Kale & Beans Soup*

Classic Chili
Corn Chowder

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 Chicken Salad
Farfalle Pasta with Green Peas
& Ham

Pesto Pasta Salad with
Ham
Cucumber & Tomato
Salad*

Chicken & Apple Salad*
Cobb Salad*

Buffalo Chicken Pasta Salad*
Red Skin Potato Salad*

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

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



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Sizzle & Main

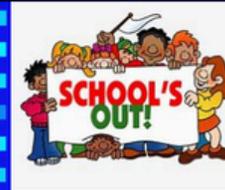


Spaghetti & Meatballs
Steamed Broccoli*
Caesar Salad *
Warm Garlic Bread

Crispy Chicken Nuggets
Crinkle Cut Fries*
Southern Green Beans*
Slow Simmered Pinto Beans*

Grilled Hamburgers
Crinkle Cut Fries*
BBQ Baked Beans*
Macaroni & Cheese

Hot Dogs
Macaroni & Cheese
Steamed Green Peas*
Crinkle Cut Fries*



Balanced Bite



Eggplant Parmesan
Italian Green Beans*
Corn on the Cobb*

Grilled Cheese Sandwiches
House Fried Potato Chips*
Steamed Broccoli*

Mini Corndogs
Cornmill Dusted Fried Okra*
Honey Glazed Carrots*

Buttered Noodles
Grilled Cheese
Broccoli & Cheese



Simmer's Soup Stop



Chicken Noodle Soup
Kale & Beans Soup*

White Chicken Chili
Black Bean Soup*

Beef & Lentil Soup*
Broccoli & Cheese Soup

Potato & Bacon Soup*
French Onion Soup*



Sprout Berry's Salads



Caprese Salad*
Italian Pasta Salad

Pear Salad*
Greek Salad *

Pesto Pasta Salad with Ham
Cucumber & Tomato Salad*

Pear Salad*
Greek Salad *

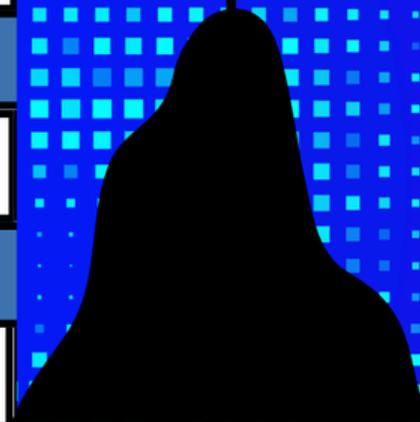
Sausage & Pepperoni Pizza
Cheese Pizza
Pepperoni Pizza
Pizza Of the Day



Salad Bar Includes:
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Twelve Fresh Toppings, Two Composed Salads
Assorted Salad Dressings



GOOD FRIDAY



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