

Greek Life Services (Sample Menu)

Week One

Monday, Lunch:

Build Your Own Gyro Bowls
White Rice, Gyro Meat or Greek Chicken, Assorted Toppings, and Hummus

Monday, Dinner:

Dijon Chicken with Mushroom Cream Sauce
Brown Rice & Roasted Vegetable Medley

Tuesday, Lunch:

Smothered Burritos
Mexi-Rice, Refried Beans, Tortilla Chips, and Salsa

Tuesday, Dinner:

Swedish Meatballs
Mashed Potatoes, Gravy, and Mixed Vegetables

Wednesday, Lunch:

Wing Wednesday
Green Bean Fries, Carrots & Celery

Wednesday, Dinner:

Seared Salmon
Spaghetti *with Pesto Sauce and Seasonal Vegetables*

Thursday, Lunch:

Chinese Beef & Broccoli
Lo Mein and Spring Rolls

Thursday, Dinner:

Stuffed Pork Loin
Roasted Red Potatoes and Vegetable Blend

Friday, Lunch:

Caesar Wraps
Potato Chips and Tomato Soup

Week Two

Sunday, Brunch:

French Toast
Bacon and Scrambled Eggs

Sunday, Dinner:

Italian Herb Crusted Chicken
Gnocchi with Fresh Herbs and Steamed Broccoli

Monday, Lunch:

Build Your Own Bread Bowl
Broccoli Cheese, Chicken Noodle, or Lentil Soup with Assorted Toppings

Monday, Dinner:

Pot Roast
Roasted Vegetable Blend and Dinner Roll

Tuesday, Lunch:

Build Your Own Nachos
Mexi-Rice, Refried Beans, Tortilla Chips, White Queso, and Assorted Toppings

Tuesday, Dinner:

Chicken Parmesan
Angel Hair Pasta, Roasted Cauliflower, Garlic Breadstick

Wednesday, Lunch:

Stir Fry Station (Build Your Own Stir Fry Cooked to Order)

Wednesday, Dinner:

Shepard's Pie
Fresh Roasted Corn on the Cob

Thursday, Lunch:

KFC Bowl
Mashed Potatoes, Popcorn Chicken, Gravy, and Assorted Toppings

Thursday, Dinner:

Oven Roasted Pork Chops
Baked Sweet Potatoes with Assorted Toppings and Roasted Brussel Sprouts

Friday, Lunch:

Turkey Melts
Chef's Choice Soup and Corn Fritters

Week 3

Tuesday, Lunch:

Mexican Style Street Tacos
Mexi-Rice, Refried Beans, Tortilla Chips, and Guacamole

Tuesday, Dinner:

Kansas City Style Burnt Ends
Whipped Potatoes, Roasted Broccoli, and Garlic Bread

Wednesday, Lunch:

Omelet Station (Build Your Own Omelet Cooked to Order)
Potato Gems and Mixed Fruit

Wednesday, Dinner:

Andouille Sausage with Peppers and Onions
Corn on the Cob and Roasted Vegetable Blend

Thursday, Lunch

Four Cheese Mac and Cheese with Honey Pepper Sauce
Breadsticks

Thursday, Dinner:

Chicken Cordon Bleu
Italian Smashed Potatoes, Brussel Sprouts, and Dinner Roll

Friday, Lunch:

Build Your Own Coney Dog
French Fries

Week 4

Sunday, Brunch:

Chicken & Waffles
Bacon, Scrambled Eggs, Mixed Fruit, Yogurt

Sunday, Dinner:

Asparagus Stuffed Flank Steak
Green Bean Casserole and Parmesan Orzo

Monday, Lunch:

Buffalo Chicken Wraps
Potato Chips and Assorted Raw Vegetables with House Made Ranch Dip

Monday, Dinner:

Cheese Ravioli
Bowtie Pasta, Choice of Pesto or Marinara Sauce, and Vegetable Medley

***Vegetarian Meals are Only Made in Small Quantities and Only for Vegetarians**

***Menu is Subject to Change Without Notice**

Set Up Your Demo Meal Today!

765-586-6368