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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<th>FRIDAY</th>
<th>SATURDAY</th>
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<td>Texas French Toast- V Sausage Links</td>
<td>Grilled Ham</td>
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<td>Greek Chicken and Orzo Soup</td>
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<td>White Bean &amp; Escarole Soup- VGN</td>
<td>Tomato &amp; Feta Soup- V</td>
<td>Roasted Vegetable and Potato Soup-VGN</td>
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<td>Tomato Rice Soup-VGN</td>
<td>Potato and Bacon</td>
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<td>Beef Noodle Soup</td>
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<td>Chowder</td>
<td>Southwest Veggie</td>
<td>Marinated Grilled Chicken Breast</td>
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<td>&lt;b&gt;&gt;&lt;&lt;/b&gt;Fish Tacos with Lime-Cilantro</td>
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<td>Tempeh with Roasted Vegetables- VGN</td>
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<td>Chopped Spinach-VGN</td>
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<td>Black Bean Couscous</td>
<td>Cranberry Bulgur Salad-VG</td>
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<td>&lt;&lt;Baked Tilapia with Pineapple Chipotle</td>
<td>Korean BBQ Beef</td>
<td>Chicken Vindaloo- VGN</td>
<td>Herb Roasted Turkey</td>
<td>Savory Baked Chicken</td>
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<td>Salsa- S&gt;&lt;</td>
<td>Baked Ham</td>
<td>Oven Roasted Eggplant-VGN</td>
<td>&lt;b&gt;&gt;&lt;&lt;/b&gt;Thai Grilled Marinated Chicken</td>
<td>Chicken Parmesan</td>
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<td>Roast Beef Au Jus- V</td>
<td>Wild Rice Stuffed Peppers- VGN</td>
<td>&lt;b&gt;&gt;&lt;&lt;/b&gt;Butternut Squash Apple</td>
<td>Ss&gt;&lt;Thai Red Curry</td>
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<td>Smashed Potato-V</td>
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<td>Rosemary Roasted Red Potatoes- VGN</td>
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<td>Soy Nut Butter Bar</td>
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**Notes:**
- **V**=Vegetarian (no meat products); **VGN**=Vegan (no egg, dairy, or meat products)
- **&lt;&lt;&gt;&lt;&gt;&lt;</b>Fish/Shellfish allergy alert; **&lt;&lt;&gt;&lt;&gt;</b>Nut/Peanut allergy alert
- **DAILY:** &lt;&lt;Lunch & Dinner - Burger Bar & Standard Grill Items, Full Deli Bar, Organic Brown Rice, Tomato Soup-VGN**

*Cycle Week 1*