



Robin's Nest Menu – Week 1

MONDAY	Breakfast	Assorted Cereal / Bananas
	Lunch	Penne Primavera with Marinara / Grilled Chicken / Chef's Selection Fruit
	Vegetarian Lunch	Plant-Based Chicken
TUESDAY	Breakfast	Pancakes with Syrup / Chef's Selection Fruit
	Lunch	Ground Turkey Tacos / Flour Tortillas / Lettuce, Tomato / Mixed Cheese / Chef's Selection Fruit
	Vegetarian Lunch	Vegan Crumble Tacos
WEDNESDAY	Breakfast	Yogurt / Granola / Whole Wheat Bread / Chef's Selection Fruit
	Lunch	Baked Salmon / Roasted Potatoes / Green Beans / Chef's Selection Fruit
	Vegetarian Lunch	Baked Tofu
THURSDAY	Breakfast	Scrambled Eggs / Turkey Sausage / Chef's Selection Fruit
	Vegetarian Breakfast	Plant-Based Sausage
	Lunch	Cheese Quesadillas /Guacamole Cup / Tomato Soup / Chef's Selection Fruit
FRIDAY	Breakfast	Whole Wheat Bagel / Chef's Selection Fruit
	Lunch	Chicken Tenders / Steamed Brown Rice / Mixed Vegetables / Chef's Selection Fruit
	Vegetarian Lunch	Plant-Based Chicken Tenders

Chef's Selection Fruit to Include but not limited to: Apples, Bananas, Mandarins, Strawberries, Blueberries, Assorted Melons (Pineapple, Honeydew, Cantaloupe, Watermelon), Mangoes, Peaches, Grapes



Robin's Nest Menu – Week 2

MONDAY	Breakfast	Assorted Cereal / Bananas
	Lunch	Teriyaki Chicken / Broccoli / White Rice / Chef's Selection Fruit
	Vegetarian Lunch	Plant-Based Teriyaki Chicken
TUESDAY	Breakfast	Waffles with Syrup / Chef's Selection Fruit
	Lunch	Pizza, Cooked Carrots / Chef's Selection Fruit
WEDNESDAY	Breakfast	Yogurt / Granola / Whole Wheat Bread / Chef's Selection Fruit
	Lunch	Cheese Ravioli with Marinara / Broccoli / Chef's Selection Fruit
THURSDAY	Breakfast	Cheesy Egg Cups / Turkey Sausage / Chef's Selection Fruit
	Vegetarian Breakfast	Plant-Based Sausage
	Lunch	BBQ Pulled Pork / Mac & Cheese / Mixed Vegetables / Chef's Selection Fruit
	Vegetarian Lunch	BBQ Tofu
FRIDAY	Breakfast	Whole Wheat Bagel / Chef's Selection Fruit
	Lunch	Chicken Patty Sandwich / Garden Salad (Lettuce, Tomato, Cucumber), Balsamic Vinaigrette / Chef's Selection Fruit
	Vegetarian Lunch	Plant-Based Chicken Patty Sandwich

Chef's Selection Fruit to Include but not limited to: Apples, Bananas, Mandarins, Strawberries, Blueberries, Assorted Melons (Pineapple, Honeydew, Cantaloupe, Watermelon), Mangoes, Peaches, Grapes



Robin's Nest Menu – Week 3

MONDAY	Breakfast	Assorted Cereal / Bananas
	Lunch	Penne Primavera with Marinara / Roasted Chicken / Chef's Selection Fruit
	Vegetarian Lunch	Plant-Based Chicken
TUESDAY	Breakfast	French Toast with Syrup / Chef's Selection Fruit
	Lunch	Turkey Meatloaf / Mashed Potatoes / Mixed Vegetables / Chef's Selection Fruit
	Vegetarian Lunch	Plant-Based Meatloaf
WEDNESDAY	Breakfast	Yogurt / Granola / Whole Wheat Bread / Chef's Selection Fruit
	Lunch	Cheese Tortellini with Marinara / Spinach / Chef's Selection Fruit
THURSDAY	Breakfast	Scrambled Eggs / Turkey Sausage / Chef's Selection Fruit
	Vegetarian Breakfast	Plant-Based Sausage
	Lunch	BBQ Chicken / Cornbread / Cooked Carrots / Chef's Selection Fruit
	Vegetarian Lunch	Plant-Based BBQ Chicken
FRIDAY	Breakfast	Whole Wheat Bagel / Chef's Selection Fruit
	Lunch	Fish Filets / Roasted Potatoes / Green Beans / Chef's Selection Fruit
	Vegetarian Lunch	Plant-Based Fish Filets

Chef's Selection Fruit to Include but not limited to: Apples, Bananas, Mandarins, Strawberries, Blueberries, Assorted Melons (Pineapple, Honeydew, Cantaloupe, Watermelon), Mangoes, Peaches, Grapes



Robin's Nest Menu – Week 4

MONDAY	Breakfast	Assorted Cereal / Bananas
	Lunch	Bowtie Pasta with Marinara / Turkey Meatballs / Broccoli / Chef's Selection Fruit
	Vegetarian Lunch	Plant-Based Meatballs
TUESDAY	Breakfast	Pancakes with Syrup / Chef's Selection Fruit
	Lunch	Beef Goulash / Egg Noodles / Peas & Carrots / Chef's Selection Fruit
	Vegetarian Lunch	Plant Based Beef Goulash
WEDNESDAY	Breakfast	Yogurt / Granola / Whole Wheat Bread / Bananas
	Lunch	Roasted Chicken / Roasted Potatoes / Green Beans / Chef's Selection Fruit
	Vegetarian Lunch	Plant Based Chicken
THURSDAY	Breakfast	Cheesy Egg Cups / Turkey Sausage / Chef's Selection Fruit
	Vegetarian Breakfast	Plant-Based Sausage
	Lunch	Turkey Chili / White Rice / Cucumber Sticks / Chef's Selection Fruit
	Vegetarian Lunch	Vegan Crumble Chili
FRIDAY	Breakfast	Whole Wheat Bagel / Chef's Selection Fruit
	Lunch	Chicken Cutlet Strips / Steamed Brown Rice / Garden Salad (Lettuce, Tomato, Cucumber), Balsamic Vinaigrette / Chef's Selection Fruit
	Vegetarian Lunch	Plant-Based Chicken Cutlet

Chef's Selection Fruit to Include but not limited to: Apples, Bananas, Mandarins, Strawberries, Blueberries, Assorted Melons (Pineapple, Honeydew, Cantaloupe, Watermelon), Mangoes, Peaches, Grapes