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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 1. CYCLE DAY 28**LUNCH:**Creole Fish Fillets (180cal)Chicken Stir Fry w/ Broccoli (416cal)Teriyaki Steak (325cal)**DINNER:**Chicken Ala King (425cal)Baked Fish (130cal)Pasta Primavera (321cal)**MIDNIGHT:**Chicken Stir Fry w/ Broccoli (416cal | 2.CYCLE DAY 1**LUNCH:**Sweet Potatoes, Black Beans, & Corn (141cal)Simmered Beef (303cal)Almond Crusted Cod (231cal)**DINNER:**Spaghetti w/Turkey Meat Sauce (372cal)Baked Lemon Garlic Butter Fish (188cal)Stir Fry Garden Veg. w/Tofu & Brown Rice (368cal)**MIDNIGHT:**Almond Crusted Cod (231cal) | 3.CYCLE DAY 2**LUNCH:**Chili Mac (447cal)Basil Baked Fish (99cal)Teriyaki Chicken (190cal)**DINNER:**Pork Roast Tenderloin (143cal)Baja Baked Cod (272cal)Pasta Provencal (279cal)**MIDNIGHT:**Teriyaki Chicken (190cal) | 4.CYCLE DAY 3**LUNCH:**Ginger BBQ Chicken (184cal)Shrimp Kabob (105cal)Lemon Basil Pasta (295cal)**DINNER:**Marinated Tomatoes w/Penne & Basil (502cal)Southern Fried Catfish (265cal)Sweet Chili BBQ Meatballs (258cal)**MIDNIGHT:**Ginger BBQ Chicken (184cal) | 5.CYCLE DAY 4**LUNCH:**Honey Mustard Chicken Breast (172cal)Ziti w/Meat Sauce (343cal)Baked Fish (130cal)**DINNER:**Hot & Spicy Chicken (395cal)Pasta Toscano (583cal)Cantonese Spareribs (575cal)**MIDNIGHT:**Baked Fish (130cal) | 6.CYCLE DAY 5**LUNCH:**Polish Sausage(406cal)Baked Salmon (148cal)Hamburger Yakisoba (415cal)**DINNER:**Roast Beef (268cal)Shrimp Scampi (265cal)Chicken Schnitzel (554cal)**MIDNIGHT:**Baked Salmon (148cal)  | 7. CYCLE DAY 6**LUNCH:**Santa Fe Glazed Chicken (262cal)Dijon Pork Chop (265cal)Beef Ball Stroganoff (336cal)**DINNER:**Salmon W/Maple Ginger Glaze (442cal)Stuffed Green Peppers w/Turkey & Lentils (374cal)Pasta Primavera (318cal)**MIDNIGHT:**Santa Fe Glazed Chicken (262cal) |
| 8.CYCLE DAY 7**LUNCH:**Cheese Tortellini (219cal)Fried Shrimp (Varies)Bourbon Chicken (175cal)**DINNER:**Beef Pot Pie (472cal)Lemon Baked Fish (168cal)Herbed Baked Chicken (158cal)**MIDNIGHT:**Cheese Tortellini (219cal) | 9. CYCLE DAY 8**LUNCH:**Caribbean Catfish (462cal)Jerk Roast Turkey (210cal) Stuffed Green Peppers (Beef) (324cal)**DINNER:**Sweet Potatoes, Black Beans &Corn (141cal)Beef Stew (305cal)Chicken Breast Dijon (218)**MIDNIGHT:**Jerk Roast Turkey (210cal) | 10.CYCLE DAY 9**LUNCH:**Baked Fish (130cal)Meat Loaf (325cal)Baked Chicken (157cal)**DINNER:**BBQ Beef Cubes (413cal)Southwestern Fish (146cal)Beef Fajitas (397cal)**MIDNIGHT:**Meat Loaf (325cal) | 11.CYCLE DAY 10**LUNCH:**Lemon Basil Shrimp Pasta (295cal)Mambo Pot Roast (227)Grilled Chicken w/Mustard Sauce (184cal)**DINNER:**Grilled Steak (557)Roast Turkey (225cal)Mediterranean Salmon (476cal)**MIDNIGHT:**Lemon Basil Shrimp Pasta (295cal) | 12.CYCLE DAY 11**LUNCH:**Honey Ginger Chicken (196cal)Grilled Salmon w/ Citrus Butter (680cal)BBQ Brisket (820cal)**DINNER:**Crispy Oven Baked Chicken (193cal)Roast Beef (268cal)Parmesan Crusted Cod (216cal)**MIDNIGHT:**Grilled Salmon w/ Citrus Butter (680cal) | 13.CYCLE DAY 12**LUNCH:**Chicken Florentine (379cal)Italian Broccoli Pasta (364cal)Stuffed Baked Pork Chop (313cal)**DINNER:**Greek Lemon Turkey Pasta (337cal)Savory Baked Chicken (160cal)Oven Fried Fish (254cal)**MIDNIGHT:**Chicken Florentine (379cal) | 14.CYCLE DAY 13**LUNCH:**French Fried Shrimp (Varies)Hot & Spicy Chicken (295cal)Ziti w/ Meat Sauce (343cal)**DINNER:**Beef Stir Fry (334cal)Baked Stuffed Fish (256cal)Chicken Bulgogi (150cal)**MIDNIGHT:**Ziti w/ Meat Sauce (343cal) |
| 15.CYCLE DAY 14**LUNCH:**Turkey Lentil Chili (261cal)Shrimp Jambalaya (543cal)Southern Fried Chicken (482cal)**DINNER:**Baked Dijon Pork Chops (265cal)Chili Mac (447cal)Lemon Pepper Catfish**MIDNIGHT:**Turkey Lentil Chili (261cal) | 16.CYCLE DAY 15**LUNCH:**Roast Beef (268cal)Chicken Cordon Bleu (402cal)Pasta Primavera (318cal)**DINNER:**Turkey Nuggets (268cal)Beef & Corn Pie (446cal)Bourbon Chicken (175cal)**Midnight:**Chicken Cordon Bleu(402cal) | 17.CYCLE DAY 16**LUNCH:**Chicken Kabob (105cal)Pepper Steak (244cal)Tuna Noodles (varies)**DINNER:**Sweet & Spicy Salmon (307cal)Cheese Tortellini w/Marinara (311cal)Steak Ranchero (363cal)**Midnight**Tuna Noodles (varies) | 18.CYCLE DAY 17**LUNCH:**Beef Brogul (241cal) Pork Schnitzel (383cal) Onion Lemon Fish (180cal)**DINNER:**Almond Crusted Cod (231cal)Hamburger Yakisoba (415cal)Cranberry Glazed Chicken (214cal)**MIDNIGHT**Onion Lemon Fish (180cal) | 19.CYCLE DAY 18**LUNCH:**Turkey & Spinach Meatloaf (315cal)Marinated Tomatoes w/ Penne (502cal)Pineapple BBQ Meatballs (242cal)**DINNER:**BBQ Beef Cubes (413cal)Chicken Enchilada (375cal)Florentine Turkey Roulade (301cal)**MIDNIGHT**Pineapple BBQ Meatballs (242cal) | 20.CYCLE DAY 19**LUNCH:**Swiss Steak w/Gravy (301cal)Stuffed Green Peppers w/Turkey & Lentils (374cal)Tuna Noodles (varies)**DINNER:**Lasagna (135cal)Chicken Cacciatore (291cal)Italian Broccoli Pasta (364cal)**MIDNIGHT**Stuffed Peppers w/Turkey & Lentils (374cal) | 21.CYCLE DAY 20**LUNCH:**Honey Sriracha Chicken (182cal)Chili Mac (447cal)Lemon Baked Fish (168cal)**DINNER:**Jamaican Chicken (130cal)Braised Spareribs (337cal)Salisbury Grilled Salmon (258cal)**MIDNIGHT**Honey Sriracha Chicken (182cal) |
| 22.CYCLE DAY 21**LUNCH:**Turkey Ala King (234cal)Country Style Fried Steak (385cal)Baja Baked Cod (272)**DINNER:**Swedish Meatballs (238cal)Polynesian Fillet (144cal)Steak Smothered in Onions (500cal)**MIDNIGHT**Steak Smothered in Onions (500cal) | 23.CYCLE DAY 22**LUNCH:**Oriental Pepper Steak (339cal)Chicken Parmesan (465cal)Lemon Garlic Baked Fish (188cal)**DINNER:**Pork Roast Tenderloin (143cal)Tuna Noodles (varies)Savory Baked Chicken (160cal)**MIDNIGHT**Lemon Garlic Baked Fish (188cal) | 24.CYCLE DAY 23**LUNCH:**Basil Baked Fish (99cal)Turkey Breast Fillet (252cal)Pasta Provencal (279)**DINNER:**Baja Fish Taco (297cal)Baked Mexican Chicken (168cal)Beef Stir Fry (334cal)**MIDNIGHT**Turkey Breast Fillet (252cal) | 25.CYCLE DAY 24**LUNCH:\*CHRISTMAS MEAL\***Roast Rib of Beef (480cal)Roast Turkey (190cal)Baked Ham (147cal)**DINNER:**Lemon Baked Fish (168cal)Simmered Beef (303cal)Cajun Chicken (302cal)**MIDNIGHT**Cajun Meatloaf (346cal) | 26.CYCLE DAY 25**LUNCH:**Dijon Pork Chop (265cal) Spinach Lasagna (349cal)Florentine Turkey Roulade (301cal)**DINNER:**Baked Salmon (148cal)Pineapple BBQ Meatballs (242cal)Honey Mustard Chicken Breast (172cal)**MIDNIGHT**Dijon Pork Chop (265cal) | 27.CYCLE DAY 26**LUNCH:**Roast Turkey (225cal)Cheese Tortellini (219cal)Stuffed Green Peppers (324cal)**DINNER:**Turkey & Spinach Meatloaf (315cal)Crispy Baked Chicken (193cal)Parmesan Fish (148cal)**MIDNIGHT**Stuffed Green Peppers (324cal) | 28.CYCLE DAY 27**LUNCH:**Baked Chicken (157cal)Southwestern Shrimp Linguine (447cal)Beef Bulgogi (204cal)**DINNER:**Honey Ginger Chicken (196cal)Salisbury Steak (417cal)Cheese Manicotti (varies)**MIDNIGHT**Baked Chicken (157cal) |
| 29.CYCLE DAY 28**LUNCH:**Creole Fish (180cal)Stir Fry Chicken w/Broccoli (416cal)Teriyaki Steak (503cal)**DINNER:**Chicken Ala King (196cal)Baked Fish (417cal)Pasta Primavera (varies)**MIDNIGHT**Stir Fry Chicken w/Broccoli (416cal) | 30.CYCLE DAY 1**LUNCH:**Sweet Potatoes, Black Beans, & Corn (141cal)Simmered Beef (303cal)Almond Crusted Cod (231cal)**DINNER:**Spaghetti w/Turkey Meat Sauce (372cal)Baked Lemon Garlic Butter Fish (188cal)Stir Fry Garden Veg. w/Tofu & Brown Rice (368cal)**MIDNIGHT:**Almond Crusted Cod (231cal) | 31.CYCLE DAY 2**LUNCH:**Chili Mac (447cal)Basil Baked Fish (99cal)Teriyaki Chicken (190cal)**DINNER:**Pork Roast Tenderloin (143cal)Baja Baked Cod (272cal)Pasta Provencal (279cal)**MIDNIGHT:**Teriyaki Chicken (190cal) |  |  |  |  |

\*\*\*Menu is subject to change due to availability\*\*