|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | 1.  CYCLE DAY 9  **MIDNIGHT:**  Meat Loaf (325cal)  **LUNCH:**  Baked Fish (130cal)  Meat Loaf (325cal)  Baked Chicken (157cal)  **DINNER:** BBQ Beef Cubes (413cal)  Southwestern Fish (146cal)  Beef Fajitas (397cal) | 2.  CYCLE DAY 10  **MIDNIGHT:**  Lemon Basil Shrimp Pasta (295cal)  **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) | 3.  CYCLE DAY 11  **MIDNIGHT:**  Grilled Salmon w/ Citrus Butter (680cal)  **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) | 4.  CYCLE DAY 12  **MIDNIGHT:**  Chicken Florentine (379cal)  **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) | 5.  CYCLE DAY 13  **MIDNIGHT:**  Ziti w/ Meat Sauce (343cal)  **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) |
| 6.  CYCLE DAY 14  **MIDNIGHT:**  Turkey Lentil Chili (261cal)  **LUNCH:**  Turkey Lentil Chili (261cal)  Shrimp Jambalaya (543cal)  Southern Fried Chicken (482cal)  **DINNER:**  Baked Dijon Pork Chops (265cal)  Chili Mac (447cal)  Lemon Pepper Catfish | 7.  CYCLE DAY 15  **Midnight:**  Chicken Cordon Bleu(402cal)  **LUNCH:**  Roast Beef (268cal)  Chicken Cordon Bleu (402cal)  Pasta Primavera (318cal)  **DINNER:**  Turkey Nuggets (268cal)  Beef & Corn Pie (446cal)  Bourbon Chicken (175cal) | 8.  CYCLE DAY 16  **Midnight**  Tuna Noodles (varies)  **LUNCH:**  Chicken Kabob (105cal)  Pepper Steak (244cal)  Tuna Noodles (varies)  **DINNER:**  Sweet & Spicy Salmon (307cal)  Cheese Tortellini w/Marinara (311cal)  Steak Ranchero (363cal) | 9.  CYCLE DAY 17  **MIDNIGHT**  Onion Lemon Fish (180cal)  **LUNCH:**  Beef Brogul (241cal)  Pork Schnitzel (383cal)  Onion Lemon Fish (180cal)  **DINNER:**  Almond Crusted Cod (231cal)  Hamburger Yakisoba (415cal)  Cranberry Glazed Chicken (214cal) | 10.  CYCLE DAY 18  **MIDNIGHT**  Pineapple BBQ Meatballs (242cal)  **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) | 11.  CYCLE DAY 19  **MIDNIGHT**  Stuffed Peppers w/Turkey & Lentils (374cal)  **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) | 12.  CYCLE DAY 20  **MIDNIGHT**  Honey Sriracha Chicken (182cal)  **LUNCH:**  Honey Sriracha Chicken (182cal)  Chili Mac (447cal)  Lemon Baked Fish (168cal)  **DINNER:**  Jamaican Chicken (130cal)  Braised Spareribs (337cal)  Salisbury Grilled Salmon (258cal) |
| 13.  CYCLE DAY 21  **MIDNIGHT**  Steak Smothered in Onions (500cal)  **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) | 14.  CYCLE DAY 22  **MIDNIGHT**  Lemon Garlic Baked Fish (188cal)  **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) | 15.  CYCLE DAY 23  **MIDNIGHT**  Turkey Nuggets  **LUNCH:**  Roast Beef  Spaghetti w/Turkey Meat Sauce  Pork Chop w/Pineapple Glaze  **DINNER:**  Turkey Nuggets  Beef Stew  Sundried Tomato Pesto Pasta | 16.  CYCLE DAY 24  **MIDNIGHT**  BBQ Chicken  **LUNCH:**  Sweet & Spicy Orange Salmon  Chili Mac  Chicken Kabon  **DINNER:**  BBQ Chicken  Pepper Steak  Spicy Catfish Pilaf | 17.  CYCLE DAY 25  **MIDNIGHT**  Pork Schnitzel  **LUNCH:**  Almond Crusted Cod  Hamburger Yakisoba  Herbed Baked Chicken  **DINNER:**  Chicken Gumbo  Pork Schnitzel  Fish Onion-Lemon Baked | 18.  CYCLE DAY 26  **MIDNIGHT**  **Pineapple BBQ Meatballs**  **LUNCH:**  BBQ Beef Cubes  Greek Lemon Chicken  Basil Baked Fish  DINNER:  Maple Glaze Salmon  Sundried Tomato Pesto Pasta  Pineapple BBQ Meatballs | 19.  CYCLE DAY 27  **MIDNIGHT**  Spicy Chicken Shawarma  **LUNCH:**  Lemon Pepper Baked Chicken  Caribbean Catfish  Braised Beef & Noodles  **DINNER:**  Swiss Steak w/ Gravy  Stuffed Green Peppers w/Turkey & Lentils  Spicy Chicken Shawarma |
| 20.  CYCLE DAY 28  **MIDNIGHT**  Chili Mac  **LUNCH:**  Jamaican Chicken  Thai Vegetable Curry  Creole Shrimp  **DINNER:**  Grilled Honey Sriracha Chicken  Beef Pho | 21.  CYCLE DAY 1  **MIDNIGHT**  Country Style Steak  **LUNCH:**  Southwestern Sweet Potatoes Black Beans & Corn  Baked Salmon w/Herb Vinaigrette  **DINNER:**  Pasta Primavera  Chicken Scampi  Country Style Steak | 22.  CYCLE DAY 2  **MIDNIGHT**  Baja Baked Cod  **LUNCH:**  Beef Stir Fry  Sundried Tomato Pesto Pasta  Mr. Z Baked Chicken  **DINNER:**  **Barbecue Pork Loin**  **Baja Baked Cod**  **Greek Lemon Chicken** | 23.  CYCLE DAY 3  **MIDNIGHT**  Pork Roast Tenderloin  **LUNCH:**  Lasagna  Shrimp Jambalaya  Cajun Chicken  **DINNER:**  Ginger BBQ Chicken  Pork Roast Tenderloin  Thai Vegetable Curry | 24.  CYCLE DAY 4  **MIDNIGHT** Cantonese Spareribs  **LUNCH:**  Chicken Parmesan  Meat Loaf  Grilled Salmon w/Citrus Butter  **DINNER:**  Hot & Spicy Chicken  Pasta Toscano w/Italian Sausage  Cantonese Spareribs | 25.  CYCLE DAY 5  **MIDNIGHT**  Baked Fish w/Lemon Garlic Butter  **LUNCH:**  Polish Sausage  Basil Baked Fish  Spaghetti w/Meatballs Ground Turkey  **DINNER:**  Baked Fish w/Lemon Garlic Butter  Lime Chicken Tacos  Braised Beef & Noodles | 26.  CYCLE DAY 6  **MIDNIGHT**  Chicken Kabob  **LUNCH:**  Grilled Pork Chops  Savory Baked Chicken  Slow Braised BBQ Beef  **DINNER:**  Chesapeake Bay Shrimp  Chicken Kabob  Roasteed Pasta Primavera |
| 27.  CYCLE DAY 7  **MIDNIGHT:**  Herbed Baked Chicken  **LUNCH:**  Cheese Tortellini W/Marinara  Pepper Steak  Bourbon Chicken  **DINNER:**  Beef Stew  Lemon Baked Fish  Herbed Baked Chicken | 28.  CYCLE DAY 8  **MIDNIGHT**  French Fried Shrimp  **LUNCH:**  Greek Lemon Marinated Chicken  Basil Baked Fish  Pasta Primavera  **DINNER:**  Chicken Gumbo  Braised Spareribs  French Fried Shrimp | 29.  CYCLE DAY 9  **MIDNIGHT**  Garlic Cumin Spiced Chicken  **LUNCH:**  Barbecue Pork Loin  Meal Loaf  BBQ Chicken  **DINNER:**  **Garlic Cumin Spiced Chicken**  **Southwestern Fish**  **Beef Fajitas** | 30.  CYCLE DAY 10  **MIDNIGHT**  Grilled Chicken  **LUNCH:**  Roasted Pork Tenderloin  Citrus Herb Chicken  Mediterranean Salmon  **DINNER:**  Grilled Steak  Portobello Fajitas  Baked Salmon |  |  |  |

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