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| **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 BeefSpaghetti w/Turkey Meat Sauce Pork Chop w/Pineapple Glaze**DINNER:**Turkey NuggetsBeef StewSundried Tomato Pesto Pasta | 16.CYCLE DAY 24**MIDNIGHT** BBQ Chicken**LUNCH:**Sweet & Spicy Orange SalmonChili MacChicken Kabon**DINNER:**BBQ Chicken Pepper SteakSpicy Catfish Pilaf | 17.CYCLE DAY 25**MIDNIGHT** Pork Schnitzel**LUNCH:**Almond Crusted CodHamburger YakisobaHerbed Baked Chicken**DINNER:**Chicken GumboPork SchnitzelFish Onion-Lemon Baked | 18.CYCLE DAY 26**MIDNIGHT** **Pineapple BBQ Meatballs****LUNCH:**BBQ Beef CubesGreek Lemon ChickenBasil Baked FishDINNER:Maple Glaze SalmonSundried Tomato Pesto PastaPineapple BBQ Meatballs | 19.CYCLE DAY 27**MIDNIGHT** Spicy Chicken Shawarma**LUNCH:**Lemon Pepper Baked ChickenCaribbean CatfishBraised Beef & Noodles**DINNER:**Swiss Steak w/ GravyStuffed Green Peppers w/Turkey & LentilsSpicy Chicken Shawarma |
| 20.CYCLE DAY 28**MIDNIGHT** Chili Mac**LUNCH:**Jamaican ChickenThai Vegetable CurryCreole Shrimp**DINNER:** Grilled Honey Sriracha ChickenBeef Pho | 21.CYCLE DAY 1**MIDNIGHT** Country Style Steak**LUNCH:**Southwestern Sweet Potatoes Black Beans & CornBaked Salmon w/Herb Vinaigrette**DINNER:** Pasta PrimaveraChicken ScampiCountry Style Steak | 22.CYCLE DAY 2**MIDNIGHT** Baja Baked Cod**LUNCH:**Beef Stir FrySundried Tomato Pesto PastaMr. Z Baked Chicken**DINNER:** **Barbecue Pork Loin****Baja Baked Cod****Greek Lemon Chicken** | 23.CYCLE DAY 3**MIDNIGHT** Pork Roast Tenderloin**LUNCH:**LasagnaShrimp JambalayaCajun Chicken**DINNER:** Ginger BBQ ChickenPork Roast TenderloinThai Vegetable Curry | 24.CYCLE DAY 4**MIDNIGHT** Cantonese Spareribs**LUNCH:**Chicken ParmesanMeat LoafGrilled Salmon w/Citrus Butter**DINNER:** Hot & Spicy ChickenPasta Toscano w/Italian SausageCantonese Spareribs | 25.CYCLE DAY 5**MIDNIGHT** Baked Fish w/Lemon Garlic Butter**LUNCH:**Polish SausageBasil Baked FishSpaghetti w/Meatballs Ground Turkey**DINNER:** Baked Fish w/Lemon Garlic ButterLime Chicken TacosBraised Beef & Noodles | 26.CYCLE DAY 6**MIDNIGHT** Chicken Kabob**LUNCH:**Grilled Pork ChopsSavory Baked ChickenSlow Braised BBQ Beef**DINNER:** Chesapeake Bay ShrimpChicken KabobRoasteed Pasta Primavera |
| 27. CYCLE DAY 7**MIDNIGHT:**Herbed Baked Chicken**LUNCH:**Cheese Tortellini W/MarinaraPepper SteakBourbon Chicken**DINNER:** Beef StewLemon Baked FishHerbed Baked Chicken | 28.CYCLE DAY 8**MIDNIGHT** French Fried Shrimp**LUNCH:**Greek Lemon Marinated ChickenBasil Baked FishPasta Primavera**DINNER:** Chicken GumboBraised SpareribsFrench Fried Shrimp | 29. CYCLE DAY 9**MIDNIGHT** Garlic Cumin Spiced Chicken**LUNCH:**Barbecue Pork LoinMeal LoafBBQ Chicken**DINNER:** **Garlic Cumin Spiced Chicken****Southwestern Fish****Beef Fajitas** | 30.CYCLE DAY 10**MIDNIGHT** Grilled Chicken**LUNCH:**Roasted Pork TenderloinCitrus Herb ChickenMediterranean Salmon**DINNER:** Grilled SteakPortobello FajitasBaked Salmon |  |  |  |

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