## TRAINING ACADEMY MENU

**Week of March 9th - 13th**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/9</td>
<td>3/10</td>
<td>3/11</td>
<td>3/12</td>
<td>3/13-Lenten Friday</td>
</tr>
</tbody>
</table>

### Breakfast Special
- Scrambled Eggs
- Fried Eggs
- Oatmeal
- Greek Yogurt Bar

### Soup du Jour or Appetizer
- Baja Chicken Enchilada
- Homemade Chicken Noodle
- Appetizer: Jalapeno Poppers
- Appetizer: Spring Rolls
- Hearty Beef Vegetable

### Lunch Choices
- Chicken Cavatappi
- Ham & Scalloped Potatoes
- Turkey Burger
- Grilled Chicken Breast
- Chicken & Broccoli Stirfry
- Wild-Caught Baked Cod
- Baked Chicken Breast
- Grilled Shrimp
- Pork Tenderloin with Peaches
- Sizzler Steak with Sauteed Mushrooms

### Wellness Lunch
- Parmesan Breadstick
- Oven Browned Potatoes
- Quinoa & Bean Pilaf
- Open Faced Hot Turkey Sandwich
- Penne Pasta with Sundried Tomato Pesto

### Wellness Dinner
- Vegetable
- Cilantro Lime Brown Rice
- Roasted Potatoes
- Sauteed Mushrooms
- Sour Cream & Chives

### Dinner Choices
- French Fries
- Dinner Roll
- French Fries
- Dinner Roll
- French Fries
- Dinner Roll
- French Fries
- Dinner Roll
- French Fries
- Dinner Roll

### Wellness Breakfast
- Scrambled Eggs
- Fried Eggs
- Oatmeal
- Greek Yogurt Bar

### Wellness Lunch
- Fried Eggs
- Oatmeal
- Greek Yogurt Bar
- Fried Eggs
- Oatmeal
- Greek Yogurt Bar
- Fried Eggs
- Oatmeal
- Greek Yogurt Bar

### Wellness Dinner
- Fried Eggs
- Oatmeal
- Protein Pancakes
- Baked Oatmeal
- Greek Yogurt Bar

---

All non-Training Division staff are welcome for lunch between 12:30 - 1:00 p.m.

Prepared by Pamela Koppleberger 3/9/2020