

SUNDAY October 8	MONDAY October 9	TUESDAY October 10	WEDNESDAY October 11	THURSDAY October 12	FRIDAY October 13	SATURDAY October 14
<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>	<i>BREAKFAST</i>
Pure Breakfast Bar 15 oz.	Pure Breakfast Bar 15 oz.	Pure Breakfast Bar 15 oz.	Pure Breakfast Bar 15 oz.	Pure Breakfast Bar 15 oz.	Pure Breakfast Bar 15 oz.	Pure Breakfast Bar 15 oz.
Pure Food Burrito	Pure Food Burrito	Pure Food Burrito	Pure Food Burrito	Pure Food Burrito	Pure Food Burrito	Pure Food Burrito
Pure Food Grain Bowl	Pure Food Grain Bowl	Pure Food Grain Bowl	Pure Food Grain Bowl	Pure Food Grain Bowl	Pure Food Grain Bowl	Pure Food Grain Bowl
Turkey Bacon	Turkey Bacon	Grilled Turkey Sausage Links	Grilled Turkey Patty	Turkey Bacon	Grilled Turkey Sausage Link	Grilled Turkey Patty
Bacon	Bacon	Bacon	Bacon	Bacon	Bacon	Bacon
Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef
Pancakes	Waffles	Pancakes	Chocolate Chip Pancakes	French Toast	Pancakes	French Toast
Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits
Hash Brown Patty	Hash Brown Potatoes	Hash Brown Patty	Brown Rice	Hash Brown Patty	Hash Brown Potatoes	Cottage Fried Potatoes
Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs	Boiled Eggs
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Fried Eggs	Fried Eggs	Fried Eggs	Fried Eggs	Fried Eggs	Fried Eggs	Fried Eggs
Omelet	Omelet	Omelet	Omelet	Omelet	Omelet	Omelet
Grits	Grits	Grits	Grits	Grits	Grits	Grits
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich	Breakfast Sandwich
<i>DAILY SOUP/SALAD</i>	<i>DAILY SOUP/SALAD</i>	<i>DAILY SOUP/SALAD</i>	<i>DAILY SOUP/SALAD</i>	<i>DAILY SOUP/SALAD</i>	<i>DAILY SOUP/SALAD</i>	<i>DAILY SOUP/SALAD</i>
Pure Bar - Lunch/Dinner Large & Small	Pure Bar - Lunch/Dinner Large & Small	Pure Bar - Lunch/Dinner Large & Small	Pure Bar - Lunch/Dinner Large & Small	Pure Bar - Lunch/Dinner Large & Small	Pure Bar - Lunch/Dinner Large & Small	Pure Bar - Lunch/Dinner Large & Small
<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>	<i>LUNCH</i>
Creole Fish Fillets	Simmered Beef	Chili Mac	Shrimp Kabob	Honey Mustard Chicken Breast	Polish Sausage	Santa Fe Glazed Chicken
Stir Fry Chicken w/ Broccoli	Almond Crusted Cod	Basil Baked Fish	Lemon Basil Pasta	Ziti with Meat Sauce	Baked Salmon	Baked Dijon Pork Chop
Teriyaki Steak	Southwestern Sweet Potatoes Black Beans and Corn	Teriyaki Chicken	Ginger BBQ Chicken	Baked fish	Hamburger Yakisoba	Beef Ball Stroganoff
Onion Gravy	Brown Gravy	Chicken Gravy	Chicken Gravy	Onion and Mushroom Gravy	Brown Gravy	Chicken Gravy
Lyonnais Rice	Roasted Pepper Potatoes	Rice Pilaf	Garlic and Soy Roasted Potatoes	Mashed Potatoes	Buttered Parsley Potatoes	Cottage Fried Potatoes
Roasted Pepper Potatoes	Steamed Rice	Simmered Pinto Beans	Steamed Rice	Red Beans and Rice	Brown Rice with Tomatoes	Hopping John Rice

Peas with Mushrooms and Onions	Peas and Carrots	Green Beans with Mushrooms	Green Beans with Sesame Glaze	Southern Style Collard Greens	Sautéed Mushrooms and Onions	Stewed Tomatoes
Roasted Cauliflower	Grilled Asparagus	Oriental Fried Cabbage	Sauteed Mushroom and Onions	Broccoli	Brussel Sprouts	Fried Cauliflower
French Style Green Beans	Corn	Cauliflower	Grilled Asparagus	Carrots	Mixed Vegetables	Braised Cabbage
<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>
Chicken Ala King	Spaghetti with Turkey Meat Sauce	Roast Pork Tenderloin	Marinated Tomatoes with Penne Pasta and Basil	Hot and Spicy Chicken	Roast Beef	Salmon with Maple Ginger Glaze
Baked Fish	Baked Fish w/ Lemon Garlic Butter	Baja Baked Cod	Southern Fried Chicken	Pasta Toscano	Shrimp Scampi	Spaghetti with Turkey Meatballs
Pasta Primavera	Stir Fried Garden Vegetables w/ Marinated Tofu & Brown Rice	Pasta Provencal	Sweet Chili BBQ Meatballs	Cantonese Spareribs	German Chicken Schnitzel	Pasta Primavera
Brown Gravy	Onion Gravy	Chicken Gravy	Chicken Gravy	Onion and Mushroom Gravy	Brown Gravy	Chicken Gravy
O'Brien Potatoes	Long Grain and Wild Rice	Steamed Rice	Brown Rice	Crispy Potato Wedges	Baked Potato Halves	Garlic Mashed Potatoes
Quinoa Southwest Pilaf	Buttered Parsley Potatoes	Scalloped Potatoes	Potato and Herbs	Brown Rice	Steamed Rice	Lyonnais Rice
Roasted Butternut Squash	Succotash	Broccoli Combo	Curried Cauliflower	Fried Okra	Corn on the Cob	Corn Combo
Stewed Tomatoes	Cauliflower Parmesan	Corn Calico	Stewed Tomatoes	Green Beans with Mushrooms	Glazed Carrots	Mixed Vegetables
Hacienda Corn and Black Beans	Roasted Carrots with Rosemary	Garlic Sauteed Spinach	Grilled Asparagus	Cream Style Corn	Cauliflower Parmesan	Fried Okra