

| SUNDAY<br>August 9               | MONDAY<br>August 10                                    | TUESDAY<br>August 11             | WEDNESDAY<br>August 12           | THURSDAY<br>August 13              | FRIDAY<br>August 14              | SATURDAY<br>August 15            |
|----------------------------------|--------------------------------------------------------|----------------------------------|----------------------------------|------------------------------------|----------------------------------|----------------------------------|
| <i>BREAKFAST</i>                 | <i>BREAKFAST</i>                                       | <i>BREAKFAST</i>                 | <i>BREAKFAST</i>                 | <i>BREAKFAST</i>                   | <i>BREAKFAST</i>                 | <i>BREAKFAST</i>                 |
| PURE BREAKFAST BAR<br>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             |
| GILLED TURKEY LINK               | Turkey Bacon                                           | Grilled Sausage Links            | Grilled Turkey Patty             | Turkey Bacon                       | Grilled Turkey Sausage Links     | Grilled Turkey Patty             |
| BACON                            | Bacon                                                  | Bacon                            | Bacon                            | Bacon                              | Bacon                            | Bacon                            |
| CREAMED BEEF                     | Creamed Beef                                           | Creamed Beef                     | Creamed Beef                     | Creamed Beef                       | Creamed Beef                     | Creamed Beef                     |
| PANCKAES                         | French Toast                                           | Pancakes                         | Chocolate Chip Pancakes          | French Toast                       | Pancakes                         | French Toast                     |
| BISCUITS                         | Biscuits                                               | Biscuits                         | Biscuits                         | Biscuits                           | Biscuits                         | Biscuits                         |
| HASH BROWN PATTY                 | Shredded Hash Browns                                   | Hash Brown Patty                 | Brown Rice                       | Hash Brown Patty                   | Shredded Hash Brown<br>Potatoes  | Cottage Fried Potatoes           |
| BOILED EGGS                      | Boiled Eggs                                            | Boiled Eggs                      | Boiled Eggs                      | Boiled Eggs                        | Boiled Eggs                      | Boiled Eggs                      |
| SRAMBLED 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                            | Omelet                           | Omelet                           |
|                                  |                                                        |                                  |                                  |                                    |                                  |                                  |
| <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<br>Large | Pure Bar - Lunch/Dinner<br>Large                       | Pure Bar - Lunch/Dinner<br>Large | Pure Bar - Lunch/Dinner<br>Large | Pure Bar - Lunch/Dinner<br>Large   | Pure Bar - Lunch/Dinner<br>Large | Pure Bar - Lunch/Dinner<br>Large |
|                                  |                                                        |                                  |                                  |                                    |                                  |                                  |
| <i>LUNCH</i>                     | <i>LUNCH</i>                                           | <i>LUNCH</i>                     | <i>LUNCH</i>                     | <i>LUNCH</i>                       | <i>LUNCH</i>                     | <i>LUNCH</i>                     |
| Creole Shrimp                    | Pork Mambo                                             | Beef Stir - Fry                  | Lasagna                          | Chicken Parmesan                   | Polish Sausage                   | Savory Baked Chicken             |
| Jamaican Chicken                 | Baked Salmon w/ Herb<br>Vinaigrette                    | Sundried Tomato Pesto<br>Pasta   | Cajun Chicken                    | Meat Loaf                          | Basil Baked Fish                 | Grilled Pork Chop                |
| Thai Vegetable Curry             | Southwestern Sweet<br>Potatoes Black Beans and<br>Corn | Mr. Z's Chicken                  | Shrimp Jambalaya                 | Grilled Salmon w/ Citrus<br>Butter | Spaghetti w/ Turkey Meatballs    | Slow Braised BBQ Beef            |
| Chicken Gravy                    | Onion Gravy                                            | Chicken Gravy                    | Chicken Gravy                    | Brown Gravy                        | Brown Gravy                      | Chicken Gravy                    |

|                                |                           |                                 |                                 |                                           |                                   |                              |
|--------------------------------|---------------------------|---------------------------------|---------------------------------|-------------------------------------------|-----------------------------------|------------------------------|
| Baked Beans                    | Parsley Buttered Potatoes | Steamed Rice                    | Potatoes & Herbs                | Mashed Potatoes                           | Buttered Parsley Potatoes         | Cottage Fried Potatoes       |
| Brown Rice                     | Steamed Rice              | Orzo w/ Lemon & Herbs           | Brown Rice                      | Spicy Brown Rice Pilaf                    | Steamed Rice                      | Brown Rice                   |
| Peas with Mushrooms and Onions | Spinach                   | Fried Okra                      | Creole Green Beans              | Broccoli                                  | Roasted Peppers and Onions        | Corn on the Cob              |
| Sesame Glazed Green Beans      | Garlic Peas               | Sesame Glazed Green Beans       | Honey Glazed Pea Pods & Carrots | Herbed Green Beans                        | Brussel Sprouts                   | Fried Cauliflower            |
| Southern Style Collard Greens  | Green Beans w/ Mushrooms  | Oriental Stir Fry Cabbage       | Roasted Butternut Squash        | 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>                |
| Honey Sriracha Chicken         | Pasta Primavera           | BBQ Pork Tenderloin             | Ginger BBQ Chicken              | Hot and Spicy Chicken                     | Baked Fish w/ Lemon Garlic Butter | Chesapeake Bay Shrimp        |
| Chili Mac                      | Country Style Steak       | Baja Baked Cod                  | Pork Roast Tenderloin           | Pasta Toscano                             | Lime Chicken Tacos                | Chicken Kabob                |
| Beef Pho                       | Chicken Scampi            | Greek Lemon Chicken             | Thai Vegetable Curry            | Cantonese Spareribs                       | Braised Beef & Noodles            | Roasted Pasta Primavera      |
| Chicken Gravy                  | Brown Gravy               | Chicken Gravy                   | Chicken Gravy                   | Onion and Mushroom Gravy                  | Brown Gravy                       | Chicken Gravy                |
| Steamed Rice                   | Lyonnais Rice             | Scalloped Potatoes              | Baked Potato Halves             | Crispy Potato Wedges                      | Mexican Rice                      | Glazed Sweet Potatoes        |
| Baked Potato                   | Roasted Pepper Potato     | Buttered Egg Noodles            | Steamed Rice                    | Quinoa and Garbanzo Beans                 | Garlic Mashed Potatoes            | Hopping John Rice            |
| Oriental Stir Fry Cabbage      | Corn                      | Broccoli Combo                  | Sauteed Cabbage w/ Bacon        | Okra Medley                               | Ginger Glazed Carrots             | Garlic Sautéed Spinach       |
| Fried Okra                     | Cauliflower               | Parmesan Brussel Sprouts        | Corn O’Brien                    | Sauteed Green Beans with Button Mushrooms | Cauliflower Parmesan              | Pea’s w/ Onions              |
| Corn Combo                     | Carrots                   | Mediterranean Grilled Asparagus | Roasted Brussel Sprouts         | Cream Style Corn                          | Mexican Street Corn               | French Style Cut Green Beans |