

ROM MENU Estimated 100		10 May 2021	
BREAKFAST	LUNCH	DINNER	
	Chicken Ala King (Green, Moderate)	Onion-Lemon Baked Cod(Green, High)	
Scrambled Eggs	Beef and Corn Pie (Green, Moderate)	Beef and Corn Pie (Green, Moderate)	
Turkey Patty	Brown Rice (Green, Low)	Islander Rice (Yellow, Low)	
Biscuit	Green Beans (Green, Low)	Carrots (Green, Moderate)	
Juice	Water	Water	
Bottled Water	Soda	Powerade	
Banana		Rice Krispy Treat	
Total to make:	Total to make:	Total to make:	

ROM MENU Estimated 100		11 May 2021	
BREAKFAST	LUNCH	DINNER	
Scrambled Eggs	Baked Stuffed Fish (Yellow, Low)	Turkey Ala King (Yellow, High)	
French Toast Sticks	Parmesan Crusted Pork Chop (Yellow, High)	Grilled Salmon w/Citrus Butter (Yellow, High)	
	Roasted Rosemary Potato Wedge (Green, Low)	Steamed Rice (Yellow, Low)	
Turkey Bacon	Glazed Carrots (Yellow, Moderate)	Peas and Carrots (Green, Low)	
Milk	Water	Water	
Bottled Water	Soda	Powerade	
Cereal		Cookies	
Total to make:	Total to make:	Total to make:	

ROM MENU Estimated 100		12 May 2021	
BREAKFAST	LUNCH	DINNER	
Pure Food Burrito Breakfast (Green, Moderate)	Corned Beef, Sliced (Yellow, High)	Almond Crusted Cod (Yellow, Moderate)	
Hard Boiled Eggs (Yellow, Low)	Baked Salmon (Green, Low)	Grilled Steak (Green, Low)	
Cottage Fried Potatoes (Green, Low)	Rosemary Roasted Potato Wedge (Green, Low)	Baked Potato (Green, Low)	
	Braised Cabbage (Green, Low)	Sauteed Mushrooms and Onions (Yellow, Moderate)	
Juice	Water	Corn on the Cob (Green, Low)	
Bottled Water	Soda	Soda	
Apple		Rice Krispies	
		Water	
Total to make:	Total to make:	Total to make:	

ROM MENU Estimated 100		13 May 2021	
BREAKFAST	LUNCH	DINNER	
Grilled Turkey Patty (Red, Moderate)	Chicken Cacciatore (Green, Moderate)	Lemon Basil Shrimp Pasta (Yellow, Moderate)	
Cereal	Parmesan Cod	Pepper Steak (Yellow, Moderate)	

Brown Rice (Green, Low)	Jefferson Noodles (Yellow, Moderate)	Scalloped Potatoes (Yellow, Low)
Hard Boiled Eggs (Yellow, Low)	Broccoli Parmesan (Green, Moderate)	Corn Calico (Yellow, Low)
Milk	Water	Water
Bottled Water	Soda	Soda
		Nutrigrain Bar
Total to make:	Total to make:	Total to make:

ROM MENU Estimated 100			14 May 2021
BREAKFAST	LUNCH	DINNER	
Bacon (Red, Moderate)	Honey Ginger Chicken (Green, Low)	Cranberry Glazed Chicken (Green, Moderate)	
Biscuits (Yellow, Moderate)	Lemon Basil Pasta (Yellow Moderate)	Pork Roast Tenderloin (Green, Low)	
Scrambled Eggs (Yellow, Low)	Long Grain & Wild Rice (Green, High)	Roasted Redskin Potatoes (Green, Low)	
	(Yellow, Moderate)	Herbed Green Beans (Green, Low)	
Juice	Water	Water	
Bottled Water	Soda	Powerade	
Orange		Rice Krispies	
Total to make:	Total to make:	Total to make:	

ROM MENU Estimated 100			15 May 2021
BREAKFAST	LUNCH	DINNER	
Hard Boiled Eggs	Chicken Cordon Bleu (Red, High)	Pasta Primavera (Yellow, Moderate)	
Cereal	Beef Brogul (Yellow, Low)	Grilled Pork Chops (Yellow, Low)	
Bacon (Red, Moderate)	Garlic Mashed Potatoes (Yellow, High)	Parmesan Rice (Yellow, Moderate)	
French Toast (Yellow, Moderate)	Broccoli Parmesan (Green, Moderate)	Glazed Carrots (Yellow, Moderate)	
Milk	Water	Water	
Bottled Water	Soda	Powerade	
		Cookies	
Total to make:	Total to make:	Total to make:	

ROM MENU Estimated 100			16 May 2021
BREAKFAST	LUNCH	DINNER	
Grilled Turkey Patty (Red, Moderate)	Chicken Fajita Quinoa (Green, Low)	Lemon Baked Fish (Green, Low)	
Hashed Brown Patty (Red, Low)	Parmesan Crusted Cod (Yellow, Moderate)	Italian Broccoli Pasta (Yellow, High)	
Scrambled Eggs (Yellow, Low)	Southwestern Rice (Yellow, Moderate)	Barley Pilaf (Green, Low)	
Bacon (Red, Moderate)	Hacienda Corn and Black Beans (Green, Moderate)	Roasted Zucchini Squash and Tomatoes (Green, Moderate)	
Juice	Water	Water	
Bottled Water	Soda	Powerade	
Fruit		Cookies	
Total to make:	Total to make:	Total to make:	