

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. <u>CYCLE DAY 14</u> LUNCH: Greek Lemon Turkey Pasta (337 cal) Oven Fried Fish (294 cal) Steak Rancho (363 cal) DINNER: Roast Beef (268 cal) Sun-dried Tomato Pesto Pasta (633 cal) Chicken Cacciatore (291cal) Midnight: Baked Fish (417cal)	2. <u>CYCLE DAY 15</u> LUNCH: Creole Fish Fillets (180 cal) Tuscan Chicken (179cal) Teriyaki Chicken (190 cal) DINNER: Chicken Ala King (196 cal) Baked Fish (417cal) Pasta Primavera (318 cal) Midnight: Honey Sriracha Chicken (182 cal)	3. <u>CYCLE DAY 16</u> LUNCH: Honey Ginger Chicken (220 cal) Pepper Steak (244 cal) Cheese Manicotti (Varies) DINNER: Caribbean Beef Curry (280 cal) Baked Salmon (148 cal) Honey Sriracha Chicken (182 cal) Midnight: Turkey Breast Fillets (252 cal)	4. <u>CYCLE DAY 17</u> LUNCH: Baja Fish Taco (297 cal) Baked Mexican Chicken (168 cal) Stuffed Green Peppers (324cal) DINNER: Basic Baked Fish (99 cal) Turkey Breast Fillet (252 cal) Eggplant Parmesan (153 cal) MIDNIGHT: Grilled Pork Chops (314cal)	5. <u>CYCLE DAY 18</u> LUNCH: Fish Onion-Lemon Baked (180 cal) Simmered Beef (310 cal) Cajun Chicken (302 cal) DINNER: Harvest Veg & Bean Ragout (348 cal) Grilled Pork Chops (314cal) Cajun Meatloaf (403 cal) MIDNIGHT: Savory Baked Chicken (162 cal)	6. <u>CYCLE DAY 19</u> LUNCH: Baked Salmon (148 cal) Pineapple BBQ Meatballs (242 cal) Honey Mustard Chicken (172 cal) DINNER: Pork Carnitas (285 cal) Spinach Lasagna (343 cal) Savory Baked Chicken (162 cal) MIDNIGHT: Cheese Tortellini with Marinara (Varies)	7. <u>CYCLE DAY 20</u> LUNCH: Turkey And Spinach Meatloaf (315cal) Crispy Over Baked Chicken (162 cal) Parmesan Fish (148 cal) DINNER: Baked Chicken (162 cal) Cheese Tortellini With Marinara (Varies) Stuffed Green Peppers (324 cal) MIDNIGHT: Beef Bulgogi (204 cal)
8. <u>CYCLE DAY 21</u> LUNCH:(cal) Honey Ginger Chicken (220 cal) Salisbury Steak (417 cal) French Fried Shrimp (varies) DINNER: Baked Chicken (158 Cal) Southwestern Shrimp Linguine (447 cal) Beef Bulgogi (204 cal) MIDNIGHT: Creole Fish Fillets (180 cal)	9. <u>CYCLE DAY 22</u> LUNCH: Chicken Fajitas (Varies) Baked Fish (417cal) Pasta Primavera (318 cal) DINNER: Creole Fish Fillets (180 cal) Stir Fry Chicken w/ Broccoli (416 cal) Teriyaki Steak (503 cal) MIDNIGHT: Turkey Nuggets (268 cal)	10. <u>CYCLE DAY 23</u> LUNCH: Roast Beef (268 cal) Spaghetti w; Turkey Meat Sauce (372 cal) Pork chop w/ Pineapples (218 cal) DINNER: Beef Stew (305 cal) Turkey Nuggets (268 cal) Sun-dried Tomato Pesto Pasta (633 cal) MIDNIGHT: BBQ Chicken (184 cal)	11. <u>CYCLE DAY 24</u> LUNCH: Sweet and Spicy Orange Salmon (882 cal) Chilli Mac (447 cal) Chicken Kabob (105 cal) DINNER: BBQ Chicken (184 cal) Pepper Steak (244cal) Spicy Catfish PoBoy (Varies) MIDNIGHT: Pork Schnitzel (383 cal)	12. <u>CYCLE DAY 25</u> LUNCH: Almond Crusted Cod (460 cal) Hamburger Yakisoba (414 cal) Herbed Baked Chicken (158 cal) DINNER: Chicken Gumbo (258 cal) Pork Schnitzel (383 cal) Fish Onion Lemon Baked (180 cal) MIDNIGHT: Pineapple BBQ Meatballs (242 cal)	13. <u>CYCLE DAY 26</u> LUNCH: BBQ Beef Cubes (413 cal) Greek Lemon Chicken (146 cal) Basil Baked Fish (99 cal) DINNER: Maple Glaze Salmon (442 cal) Pineapple BBQ Meatballs (242 cal) Sun-dried Tomato Pesto Pasta (633 cal) MIDNIGHT: Spicy Chicken Shawarma (430 cal)	14. <u>CYCLE DAY 27</u> LUNCH: Lemon Pepper Baked Chicken (404 cal) Caribbean Catfish (229 cal) Braised Beef and Noodles (443 cal) DINNER: Spicy Chicken Shawarma (430 cal) Stuffed Green Peppers w/ Turkey and Lentils (374 cal) Swiss steak (301 cal) MIDNIGHT: Chilli Mac (447 cal)

<u>15.</u> <u>CYCLE DAY 28</u> LUNCH: Jamaican Chicken (130 cal) Thai Vegetable Curry (276 cal) Creole Shrimp (378 cal) DINNER: Grilled Honey Sriracha (182 cal) Chilli Mac (447 cal) Beef Pho (419 cal) MIDNIGHT: Country Style Steak (385 cal)	<u>16</u> <u>CYCLE DAY 1</u> LUNCH: Southwestern Sweet Potatoes Black Beans and corn (141 cal) Baked Salmon w Herb Vinaigrette (160 cal) DINNER: Pasta Primavera (318 cal) Country Style steak (385 cal) Chicken Scampi (165 cal) MIDNIGHT: Barbecue Pork (254 cal)	<u>17</u> <u>CYCLE DAY 2</u> LUNCH: Beef stir fry (334 cal) Sun-dried Tomato Pasta Pesto (633 cal) Mr. Z Baked Chicken (Varies) DINNER: Barbecue Pork Loin (254 cal) Baja Baked Cod (272 cal) MIDNIGHT: Baja Baked Cod (272 cal)	<u>18</u> <u>CYCLE DAY 3</u> LUNCH: Lasagna (Varies) Shrimp Jambalaya (240 cal) Cajun Chicken (302 cal) DINNER: Ginger BBQ Chicken (184 cal) Baja Baked Cod (272 cal) Thai Vegetable Curry (276 cal) MIDNIGHT: Cantonese Spareribs (575 cal)	<u>19</u> <u>CYCLE DAY 4</u> LUNCH: Chicken Parmesan (465 cal) Grilled Salmon w. Citrus Butter (180 cal) DINNER: Hot and Spicy Chicken (395 cal) Cantonese Spareribs(572 cal) Pasta Toscano (583 cal) MIDNIGHT: Baked Fish W. Lemon Garlic Butter (188 cal)	<u>20</u> <u>CYCLE DAY 5</u> LUNCH: Spaghetti With Turkey Meatballs (372 cal) Basil Baked Fish (99 cal) Polish Sausage (406 cal) DINNER: Baked Fish w. Lemon Garlic Butter (188 cal) Braised Beef and Noodles (443cal) MIDNIGHT: Chicken Kabob (105 cal)	<u>21</u> <u>CYCLE DAY 6</u> LUNCH: Grilled Pork Chops (314 cal) Savory Baked Chicken (162 cal) DINNER: Chesapeake Bay Shrimp (179 cal) Chicken Kabob (105 cal) Roasted Pasta Primavera (318 cal) MIDNIGHT: Herbed Baked Chicken (158cal)
<u>22</u> <u>CYCLE DAY 7</u> LUNCH: Cheese Tortellini w/ Marinara (Varies) Pepper Steak (244 cal) Bourbon Chicken (175 cal) DINNER: Beef Stew (305 cal) Herbed Baked Chicken (158cal) Lemon Baked Fish(188 cal) MIDNIGHT: French Fried Shrimp (varies)	<u>23</u> <u>CYCLE DAY 8</u> LUNCH: Greek Lemon Chicken (164cal) Basil Baked Fish (99 cal) Pasta Primavera (318 cal) DINNER: French Fried Shrimp (varies) Chicken Gumbo (258 cal) Braised Spareribs (345cal) MIDNIGHT: Garlic Cumin Chicken (276 cal)	<u>24</u> <u>CYCLE DAY 9</u> LUNCH: BBQ Pork Loin (254 cal) BBQ Chicken (184 cal) DINNER: South Western Fish (220 cal) Baked Mexican Chicken (168 cal) Beef fajitas (397 cal) MIDNIGHT: Grilled Steak (557 cal)	<u>25.</u> <u>CYCLE DAY 10</u> LUNCH: Roasted Pork Tenderloin (265cal) Citrus Herb Chicken (158 cal) Mediterranean Salmon (156cal) DINNER: Grilled Steak(557 cal) Portobello Fajitas (varies) Baked Salmon (148 cal) MIDNIGHT: Chicken Broccoli Stir Fry (416 cal)	<u>26.</u> <u>CYCLE DAY 11</u> LUNCH: Country Fried Steak (385 cal) Oven Fried Chicken (224 cal) Southern Fried Catfish (268 cal) DINNER: Shrimp Kabob (105 cal) Chicken Broccoli Stir Fry (416 cal) Teriyaki Steak (503 cal) MIDNIGHT: Chicken Florentine (456 cal)	<u>27.</u> <u>CYCLE DAY 12</u> LUNCH: Grilled Pork Chops (314 cal) Creole Shrimp (378 cal) Baked Creole Spiced Chicken (308 cal) DINNER: Italian Broccoli Pasta cal) Chicken Florentine (456cal) Parmesan Fish (148 cal) MIDNIGHT: Crispy Cornflake Chicken cal)	<u>28</u> <u>CYCLE DAY 13</u> LUNCH: Pork Schnitzel (383 cal) Lemon Pepper Catfish (188 cal) Beef Stew (305 cal) DINNER: Sweet and Spicy Salmon (882 cal) Swedish Meatballs (267 cal) MIDNIGHT: Roast Beef (268 cal)

29. CYCLE DAY 14 LUNCH: Greek Lemon Turkey Pasta (337 cal) Oven Fried Fish (294 cal) Steak Rancho (363 cal) DINNER: Roast Beef (268 cal) Sun-dried Tomato Pasta (633 cal) Chicken Cacciatore (291cal) MIDNIGHT: Baked Fish (417cal)	30. CYCLE DAY 15 LUNCH: Creole Fish (180cal) Tuscan Chicken (179 cal) Teriyaki Steak (503cal) DINNER: Chicken Ala King (196cal) Baked Fish (417cal) Pasta Primavera (318 cal) MIDNIGHT Honey Sriracha Chicken (182cal)					
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***Menu is subject to change due to availability**