

Cycle 2 2012						LOVARC Foodservice	Week 1
Sep 16.Oct 07.Oct 28. Nov 18. Dec 09. Dec 30. Jan 20. Feb 10.	Sep17. Oct08. Oct29. Nov19. Dec10. Dec31. Jan 21. Feb 11.	Sep18. Oct09. Oct30. Nov20. Dec11. Jan01. Jan22. Feb12.	Sept19. Oct10. Oct31. Nov21.Dec12. Jan02. Jan23. Feb13.	Sept20. Oct11.Nov01. Nov22. Dec13. Jan03. Jan24. Feb14.	Sep21. Oct12. Nov02. Nov23. Dec14. Jan04. Jan25. Feb 15.	Sept22. Oct13. Nov03 Nov24. Dec15. Jan05. Jan26. Feb 16.	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast:							
Fried Eggs Country Fried Steak Biscuits & Gravy Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal;Hot and Cold Beverage	Chef's Choice Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal;Hot and Cold Beverage	Chorizo & Eggs Grilled Ham Spicy Cubed Potatoes Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal;Hot and Cold Beverage	Denver Scramble Bacon Spicy Cubed Potatoes Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal;Hot and Cold Beverage	Scrambled Eggs Sausage Patties Hashbrowns Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal;Hot and Cold Beverage	Breakfast Quiche Sausage Links Hashbrowns Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal;Hot and Cold Beverage	Fried Eggs Country Fried Steak Biscuits & Gravy Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal;Hot and Cold Beverage	
Lunch							
Spicy Italian Pork loin or Tarragon Chicken Scalloped Potatoes Green Beans Short order Line: Char Broiled Burgers and veggie Burgers,Deli Sandwiches, salad bar, Breads & Desserts	Cheese Enchiladas or Beef Stir Fry Rice Rataouille Short order Line: Char Broiled Burgers and veggie Burgers,Deli Sandwiches, salad bar, Breads & Desserts	Creole Chicken or Beef Stroganoff Pasta Mixed Vegetables Short order Line: Char Broiled Burgers and veggie Burgers,Deli Sandwiches, salad bar, Breads & Desserts	Mexican Chefs Choice Short order Line: Char Broiled Burgers and veggie Burgers,Deli Sandwiches, salad bar, Breads & Desserts	Pesto Chicken or Sheperds pie Mashed Potato Carrots Short order Line: Char Broiled Burgers and veggie Burgers,Deli Sandwiches, salad bar, Breads & Desserts	Fish Chips and peas or Beef pot pie with biscuit topping Mashed Potato Corn Short order Line: Char Broiled Burgers and veggie Burgers,Deli Sandwiches, salad bar, Breads & Desserts	Tamale Pie or Chicken & Dumplings Rice Mixed Vegetables Short order Line: Char Broiled Burgers and veggie Burgers,Deli Sandwiches, salad bar, Breads & Desserts	
Dinner:							
Roast Beef or Sweet and sour chicken Oven Roasted Potatoes Mixed Vegetables Salad Bar; Assorted Breads and Desserts; Hot and Cold Beverage	Steak Ranchero or Chicken Terayaki Mashed Potato Mixed Vegetables Salad Bar; Assorted Breads and Desserts; Hot and Cold Beverage	Meatloaf or Roast Turkey w/ Cranberry Sauce Mac & Cheese Buttered Corn Salad Bar; Assorted Breads and Desserts; Hot and Cold Beverage	Cheese Tortellini & Garlic Bread or Spagetti & Meatballs Pasta Mixed Vegetables Salad Bar; Assorted Breads and Desserts; Hot and Cold Beverage	Baked Ham or Chicken Tetrazzini Jasmine Rice Mixed Vegetables Salad Bar; Assorted Breads and Desserts; Hot and Cold Beverage	Chef's Choice Salad Bar; Assorted Breads and Desserts; Hot and Cold Beverage	Pot Roast or Chicken Cacciatore Mashed Potatoes Buttered Sweetcorn Salad Bar; Assorted Breads and Desserts; Hot and Cold Beverage	
Soup of Day:							
Stuffed cabbage Soup	Cream Of Broccoli	Tomato	Albondigas	Chicken & Rice	Clam Chowder	Cream Of Mushroom	

Cycle 2 2012.						LOVARC Foodservice	Week 2
Sep 23. Oct14. Nov06. Nov27. Dec18. Jan08. Jan29. Feb17.	Sep24. Oct15. Nov05. Nov26. Dec17. Jan07. Jan28. Feb18.	Sep25. Oct16. Nov06. Nov27. Dec18. Jan08. Jan 29. Feb 19.	Sep26. Oct17. Nov07. Nov28. Dec19. Jan09. Jan 30. Feb 20.	Sep27. Oct18. Nov 08. Nov29. Dec20. Jan10. Jan 31. Feb 21.	Sep28. Oct19. Nov09. Nov30. Dec21. Jan11. Feb 01. Feb 22.	Sep29. Oct20. Nov10. Dec01. Dec22. Jan12. Feb 02. Feb 23.	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast:							
Huevos Rancheros Grilled Ham Hashbrowns Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal; Hot and Cold Beverage	Chef's Choice Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal; Hot and Cold Beverage	Cheese Omelot Bacon Hashbrowns Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal; Hot and Cold Beverage	Fried Eggs Grilled Ham Spicy Cubed potato Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal; Hot and Cold Beverage	Scrambled Eggs Chicken Chilaquiles Spicy Cubed Potatoes Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal; Hot and Cold Beverage	Breakfast Quiche Corned Beef Hash Hashbrowns Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal; Hot and Cold Beverage	Fried Eggs Country Fried Steak Biscuits & Gravy Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal; Hot and Cold Beverage	
Lunch:							
Turkey with Cheese and pineapple Bake or Meatloaf Mashed Potato Carrots Short order Line: Char Broiled Burgers and veggie Burgers, Deli Sandwiches, salad bar, Breads & Desserts	Carnita Tacos or Chicken & Rice Burrito Spanish Rice Refried Beans Short order Line: Char Broiled Burgers and veggie Burgers, Deli Sandwiches, salad bar, Breads & Desserts	Baked Tandouri Chicken or Chile Con Carne & Corn Bread Jasmine Rice Corn Cobb Short order Line: Char Broiled Burgers and veggie Burgers, Deli Sandwiches, salad bar, Breads & Desserts	Chef's Choice Short order Line: Char Broiled Burgers and veggie Burgers, Deli Sandwiches, salad bar, Breads & Desserts	BBQ Ribs or Chicken and spinach Lasagne Scalloped Potatoes Ratatouille Short order Line: Char Broiled Burgers and veggie Burgers, Deli Sandwiches, salad bar, Breads & Desserts	Fish Tacos or Tri tip Rice Pilaf Carrots Short order Line: Char Broiled Burgers and veggie Burgers, Deli Sandwiches, salad bar, Breads & Desserts	Fried Chicken or pork colorado Beans Rice Short order Line: Char Broiled Burgers and veggie Burgers, Deli Sandwiches, salad bar, Breads & Desserts	
Dinner:							
Chicken Enchilada casserole or Roast Beef Oven Roasted Potatoes Cauliflower and cheese sauce Salad Bar; Assorted Breads and Desserts; Hot and Cold Beverage	Swedish Meatballs or Mandarin Chicken Rice Pilaf Mixed Vegetables Salad Bar; Assorted Breads and Desserts; Hot and Cold Beverage	Tri Tip or Turkey Pot Pie Mashed Potato Buttered Corn Salad Bar; Assorted Breads and Desserts; Hot and Cold Beverage	BBQ Chicken or Oriental pepper steak Scalloped Potatoes Corn on the Cob Salad Bar; Assorted Breads and Desserts; Hot and Cold Beverage	Roast Beef or Lemon fish Florentine. Baked Potato Broccoli & Cauliflower Salad Bar; Assorted Breads and Desserts; Hot and Cold Beverage	Chef's Choice Salad Bar; Assorted Breads and Desserts; Hot and Cold Beverage	Roasted Pork Loin or Mixed bean Bake Oven Roasted Potatoes Green Beans Salad Bar; Assorted Breads and Desserts; Hot and Cold Beverage	
Soup of Day:							
Italian Wedding Soup	Chili Bean Soup	Stuffed Pepper Soup	Spinach and Bacon	Lentil	Clam Chowder	Potato & Bacon	

CYCLE 2 2012						LOVARC Foodservice						Week 3					
Sept 30, Oct 21, Nov 11, Dec 02, Dec 23, Jan 13, Feb 03, Feb 24.		Oct 01, Oct 22, Nov 12 Dec 03, Dec 24, Jan 14 Feb 04, Feb 25.		Oct02. Oct23. Nov13. Dec04. Dec25. Jan15. Feb 05. Feb 26		Oct03. Oct24. Nov14. Dec05. Dec26. Jan16. Feb 06. Feb 27.		Oct04. Oct25. Nov15. Dec06. Dec27. Jan17. Feb 07. Feb 28.		Oct05. Oct 26. Nov 16. Dec07. Dec28. Jan18. Feb08. March 01.		Oct06. Oct27. Nov17. Dec08. Dec29. Jan19. Feb09. March 02.					
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday					
Breakfast:																	
Scrambled Eggs Chicken Chilaquiles Spicy Cubed Potatoes Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal; Hot and Cold Beverage		Chef's Choice Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal; Hot and Cold Beverage		Fried Eggs Country Fried Steak Biscuits & Gravy Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal; Hot and Cold Beverage		Huevos Rancheros Sausage Patty Spicy Cubed Potatoes Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal; Hot and Cold Beverage		Cheese Omelet Grilled ham Bacon Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal; Hot and Cold Beverage		Eggs To Order Chorizo & Eggs Spicy cubed potato Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal; Hot and Cold Beverage		Fried eggs Bacon Hashbrowns Eggs To Order Selection of Fruit Juice; Breads; Cold Cereal; Fresh Fruit; Oatmeal; Hot and Cold Beverage					
Lunch:																	
Terayaki Beef or pineapple Chicken Rice Mixed Vegetables Short order Line: Char Broiled Burgers and veggie Burgers, Deli Sandwiches, salad bar, Breads & Desserts		Tialapia Chile Lime or french Dip Jasmine Rice Ratatouille Short order Line: Char Broiled Burgers and veggie Burgers, Deli Sandwiches, salad bar, Breads & Desserts		Hungarian Goulash or Chicken parmesan Scalloped Potatoes Mixed Vegetables Short order Line: Char Broiled Burgers and veggie Burgers, Deli Sandwiches, salad bar, Breads & Desserts		Chef's Choice Short order Line: Char Broiled Burgers and veggie Burgers, Deli Sandwiches, salad bar, Breads & Desserts		Pulled Pork or Chicken A La King. Rice Chefs cut Vegetables Short order Line: Char Broiled Burgers and veggie Burgers, Deli Sandwiches, salad bar, Breads & Desserts		Fish, Chips and peas or Meatball Sub spagetti Buttered Corn Short order Line: Char Broiled Burgers and veggie Burgers, Deli Sandwiches, salad bar, Breads & Desserts		Mexican Baked chicken or Cantonese spare ribs Cous Cous Green Beans Short order Line: Char Broiled Burgers and veggie Burgers, Deli Sandwiches, salad bar, Breads & Desserts					
Dinner:																	
Beef Short Ribs or Chicken Alfredo Mashed Potato carrots Salad Bar, Breads and Desserts, Hot & Cold Beverage		Santa Fe Chicken or Beef Fajitas Rice Buttered Corn Salad Bar, Breads and Desserts, Hot & Cold Beverage		Turkey Divan or Beef Burgundy Pasta Mixed Vegetables Salad Bar, Breads and Desserts, Hot & Cold Beverage		Bombay chicken or Pork verde Rice Carrots Salad Bar, Breads and Desserts, Hot & Cold Beverage		Pork Loin with Chunky Apple or Sweet & Sour Baked Fish Rice Peas and Carrots Salad Bar, Breads and Desserts, Hot & Cold Beverage		Chef's Choice Salad Bar, Breads and Desserts, Hot & Cold Beverage		Pork Steaks or Cheese Manicotti Mashed Potatoes Green Beans Salad Bar, Breads and Desserts, Hot & Cold Beverage					
Soup of Day:																	
Corn chowder		Mulligatawny		Green Pea & Ham		Cream Of Onion		Chicken Tortilla		Clam Chowder		Minestrone					