### Week #5

<table>
<thead>
<tr>
<th>Jan-13</th>
<th>Jan-14</th>
<th>Jan-15</th>
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<th>Jan-18</th>
<th>Jan-19</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
<td><strong>Tuesday</strong></td>
<td><strong>Wednesday</strong></td>
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<td><strong>Friday</strong></td>
<td><strong>Saturday</strong></td>
<td><strong>Sunday</strong></td>
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<tr>
<td>Monteverde’s Produce Sampling (11AM)</td>
<td>Wellness Wednesday - DIY Overnight Oats with Parkhurst Dietitian (11AM - 1PM)</td>
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<tr>
<td><strong>Events &amp; Programs</strong></td>
<td><strong>Fresh Stock</strong></td>
<td><strong>Spoon &amp; Fork</strong></td>
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<td><strong>Spoon &amp; Fork</strong></td>
<td><strong>River City Grill</strong></td>
<td><strong>Bluff Street Eats</strong></td>
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<tr>
<td><strong>Everyday</strong></td>
<td><strong>All Day</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Main</strong></td>
<td><strong>Vegetable</strong></td>
<td><strong>Starch</strong></td>
<td><strong>Daily Feature</strong></td>
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<tr>
<td></td>
<td>Beef Chili</td>
<td>Biscuits with Sausage Gravy</td>
<td>Italian Baked Chicken (314cal)</td>
<td>Green Beans with Roasted Red Pepper (VE)</td>
<td>Sautéed Yellow Squash (VE)</td>
<td>Roasted Buffalo Cauliflower Flattbread with Shredded Lettuce, Red Onions, and Shaved Parmesan (V) (VE)</td>
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<td></td>
<td>Beef Vegetable</td>
<td>Pancakes (V)</td>
<td>Beef Ravioli (330cal)</td>
<td>Roasted Brussels Sprouts (VGN)</td>
<td>Sautéed Mushrooms (VE)</td>
<td>Roasted Broccoli (VE)</td>
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<td></td>
<td>Chicken Alfredo with Broccoli</td>
<td>12 Grain French Toast (V)</td>
<td>Breaded Fish Sandwich (459cal)</td>
<td>Sautéed Broccoli (VGN)</td>
<td>Steamed Brussel Sprouts and Red Peppers (VE)</td>
<td>Compressed Watermelon Salad with Feta, Radishes, and Balsamic Reduction (V) (VE)</td>
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<td>Split Pea and Ham</td>
<td>Southwestern Frittata</td>
<td>Chicken and Broccoli Alfreda (339cal)</td>
<td>Buffalo Roasted Cauliflower (VGN)</td>
<td>Roasted Zucchini (VE)</td>
<td>Roasted Cauliflower and Lentil Tacos with Creamy Sriracha Sauce (V) (VE)</td>
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<td>Mexican Pork Pozole</td>
<td>Vegetable Tortellini (V)</td>
<td>Kielbasa and Sauerkraut (470cal)</td>
<td>Sautéed Zucchini (VE)</td>
<td>Wilted Spinach with Tomatoes (V)</td>
<td>Cuban Black Bean Stew with Spiced Brown Rice (V) (VE)</td>
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<td>Bacon Cheddar and Tomato</td>
<td>Potato (V)</td>
<td>Curly Fries (V)</td>
<td>Steam Sne Pappe and Peppers (VE)</td>
<td>Sautéed Corn (VE)</td>
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<td><strong>Enjoy Four of our Made-From-Scratch Soups including Chicken Noodle Soup, available every day.</strong></td>
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*For complete allergen and dietary information, please download our FoodU App. Menu is subject to change.*