

2010 Corporate Fast Sample Week Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|--|--|---|------------------------------------|--|-----------------------------|--------------------------------|
| Breakfast | Creamy Fruit Smoothie | Fried Potatoes, onions | Cinn Hot Apples | Rice & Beans | Hash Brown Potatoes | Rice & Beans | Creamy Fruit Shake |
| | Light Apple Juice | Tomatoes Slices | Baked Pineapple Rings w/ walnuts | Tomatoes Slices | Melon | Tomatoes Slices | Light Apple Juice |
| | Water | Water | Water | Water | Water | Water | Water |
| Snack | Almonds & Raisins | Peanut Butter & Apple | Hummus Dip w/Chips | Popcorn | Fruit - Apple | Fruit Salad & Nuts | Fruit - Apple |
| | Water | Water | Water | Water | Water | Water | Water |
| Lunch | Broccoli Spears | Hearty Salad | Vegetable Chili | Chunky Minestrone | Black bean & Wild Rice Soup | Rice & Mushroom Salad | Vegetable & Rice Soup |
| | Baked Potato w/ grilled BBQ Tempeh, Tomato & mushrooms | Soup (potato, veggie, minestrone, or lentil) | Rice | Oven French Fries | Mashed Potatoes w/ Mushrooms & Vegetables | Cabbage & Diced Potato Soup | Baked Sweet Potato |
| | Fresh Lemonade | Apple Juice | Grape Juice | Pineapple juice | Orange Juice | Cranberry Juice | Grapefruit Juice |
| Snack | Fruit salad w/ fruit dip | Baby Carrots & Walnuts | Banana w Peanut Butter | Celery Sticks w/ Peanut butter dip | Tortilla Chips & Salsa | Marinated Cucumbers | Fresh Fruit |
| | Water | Water | Water | Water | Water | Water | Water |
| Dinner | Brown Rice & Lentil Stew | New Orleans Red beans | Seasoned Navy Beans Stew | 15-Bean Soup | Refried Beans & Fried Rice | Apricot Lentil Soup | Tempeh Chili |
| | Side salad w/vinaigrette dressing | Rice | Grilled new potato & green bean w/ garlic | Seasoned Mixed Greens | Oven Fried Vegetables Fries - Zucchini, Squash, Sweet Potato | Glazed Carrots | Wild Rice |
| | Sliced peaches | Coleslaw w/apples | Baked Banana & Passion Fruit | Sweet Potato Salad | Sliced Pears & Peaches Salad | Cucumber & Tomato Salad | Broccoli Mandarin Orange Salad |
| | Water | Water | Water | Water | Water | Water | Water |

Guidelines/Suggestions

Whole Grains: Brown Rice, **Staples:** White Rice, Wild Rice

Legumes: Any dried (or canned) bean, Lentils, Soybeans (edamame), and Tempeh

Vegetables: ALL

Fruits: ALL (excluding canned in syrup)

Nuts: Peanuts, Pecans, Walnuts, Sunflower seeds (or Almonds, Hazelnuts, Cashews)

Oils: Olive oil (or Canola, Sunflower, Safflowers)

Liquids: Spring Water, Distilled water, 100% All-natural fruit juices, 100% All-natural vegetable juices
100% All-natural low sugar fruit juice

Sweeteners: Honey, Maple syrup (or pure agave sweetener)

All natural herbs, spices and seasonings, Miso

Property of Eastern Star Church, New Horizons Church & New Beginnings Fellowship Church

The Sacrifice: Foods/Ingredients to Avoid

Meat, poultry, fish, meatless soy burgers

Caffeine, carbonated beverages

Sugar: sugar, fructose, sugar substitutes, etc

Grains: flour, oatmeal, barley, bran

Margarine, shortening

Milk, milk products, butter

Honey roasted nuts, containing sugar

High fat (fried) foods

Foods containing preservatives/additives