

SAMPLE WEEKLY MENU // THE RECOVERY VILLAGE COLUMBUS

MON



BREAKFAST: Bagels
LUNCH: Chicken Breast with Gravy & Roasted Potatoes or Lamb Gyro with Tzatziki Sauce & Pita Bread, Green Beans & Cucumber/Tomato/Onion Salad
DINNER: Spaghetti with Meat Sauce or Tilapia with Citrus Sauce, Rice, Broccoli, Garden Salad & Garlic Baguette

TUE



BREAKFAST: Pancakes
LUNCH: Deli Sandwich with House Chips or Pork Chop with Mustard Sauce, Barley, Peas, Corn, & Mixed Salad
DINNER: Top Sirloin with Quinoa or Cheese Tortellini with Alfredo Sauce, Green Beans & Cauliflower, Garden Salad & Dinner Roll

WED



BREAKFAST: Biscuits & Gravy
LUNCH: Turkey and Beef Tacos, Spinach Rice, Seasoned Black Beans, Lettuce & Tomato
DINNER: Salmon Fillet with Lemon Wedges or Chicken Breast with Mushroom Sauce, Potatoes Au Gratin or Orzo Pasta, Asparagus, Garden Salad & Toasted Baguette

THU



BREAKFAST: Scones
LUNCH: Ham Steak with Pineapple Chutney, Sweet Potatoes & Green Beans or Chopped Salad with Egg, Cheese, Croutons, Tomato, Onion, Cucumber, Carrot and Bread roll
DINNER: Jamaican Jerk Chicken Breast with Rice or Salisbury Steak with Mashed Potatoes & Gravy, Cabbage & Carrots, Garden Salad & Dinner Roll

FRI



BREAKFAST: Waffles
LUNCH: Turkey Burger or Frankfurter with Potato Salad, Mixed Green Salad & Fruit
DINNER: Chile Lime Cod with Brown Rice or Pork Chop with Teriyaki Sauce, Noodles, Stir Fry Vegetables, Egg Roll, Garden Salad & Dinner Roll

SAT



BREAKFAST: Muffins
LUNCH: Marinated Chicken or Steak Fajitas with Flour Tortillas, Spanish Rice, Corn & Bean Salsa & Garden Salad
DINNER: Beef Chili con Carne with Rice or Turkey Cutlet with Pesto Penne, Peas, Carrots & Spinach Salad

SUN



BREAKFAST: French Toast
LUNCH: French Bread Pizza or Sliced Roast Beef with Gravy, Roasted Potatoes, Zucchini & Yellow Squash & Romaine Salad
DINNER: BBQ Brisket or Blackened Catfish, Corn on the Cob, Macaroni and Cheese, Coleslaw, Baked Beans & Cornbread