



## Thomas University Weekly Meal Plan Menu March,28- April-1,- 2022



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 7:00 - 9:00am Friday Only 8:00 - 10:00am	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Bacon</li> <li>• Potato Patty</li> <li>• French Toast</li> <li>• Oatmeal</li> <li>• Grits</li> <li>• Fruit/Yogurt Bar</li> <li>• Waffle Station</li> <li>• Cereal Station</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Sausage links</li> <li>• Potato Wedges</li> <li>• Pancakes</li> <li>• Oatmeal</li> <li>• Grits</li> <li>• Fruit/Yogurt Bar</li> <li>• Waffle Station</li> <li>• Cereal Station</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Sausage Patty</li> <li>• Hash browns</li> <li>• Breakfast wrap</li> <li>• Oatmeal</li> <li>• Grits</li> <li>• Fruit/Yogurt Bar</li> <li>• Waffle Station</li> <li>• Cereal Station</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Bacon</li> <li>• Tater Tots</li> <li>• Gravy and Biscuits</li> <li>• Oatmeal</li> <li>• Grits</li> <li>• Fruit/Yogurt Bar</li> <li>• Waffle Station</li> <li>• Cereal Station</li> </ul>	<ul style="list-style-type: none"> <li>• Omlets To Oder</li> <li>• Sausage Patty</li> <li>• Potato Patty</li> <li>• French Toast</li> <li>• Oatmeal</li> <li>• Grits</li> <li>• Fruit/Yogurt Bar</li> <li>• Waffle Station</li> <li>• Cereal Station</li> </ul>
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dinner</b> 5:30 - 7:00pm	<ul style="list-style-type: none"> <li>Meat Loaf</li> <li>•Mashed Potatos</li> <li>• Green Beans</li> <li>•</li> <li>• Salad Bar</li> <li>• Waffle Station</li> <li>• Cereal Station</li> <li>• Dessert</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Wings</li> <li>•French Fries</li> <li>• Corn on the cob</li> <li>• Salad Bar</li> <li>• Waffle Station</li> <li>• Cereal Station</li> <li>• Dessert</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Pork Chops</li> <li>• Mac n Cheese</li> <li>• Veggies</li> <li>• Salad Bar</li> <li>• Waffle Station</li> <li>• Cereal Station</li> <li>• Dessert</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Quesadilla</li> <li>Rice</li> <li>• Red Beans</li> <li>• Salad Bar</li> <li>• Waffle Station</li> <li>• Cereal Station</li> <li>• Dessert</li> </ul>	<ul style="list-style-type: none"> <li>• Checken Tenders</li> <li>• French Fries</li> <li>• Veggies</li> <li>• Salad Bar</li> <li>• Waffle Station</li> <li>• Cereal Station</li> <li>• Dessert</li> </ul>