



Wellness Bar Menu Planning Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
V VEGETARIAN GF GLUTEN FREE WG WHOLE GRAINS LC LOW CAL						
Creamy Roasted Garlic Polenta (customizable) V GF	Sweet and Sour Chicken Over Three-Grain Fried Rice WG LC	Chicken Marsala over Spaghetti Squash LC	White Cheddar Poblano Grilled Cheese and Local Seasonal Vegetables V WG	Coq au Vin Snack LC Frittata Station V GF LC	Frittata with Roasted Vegetables (customizable) V GF LC	Spaghetti Squash Spaghetti (customizable) V GF LC
Build Your Own (BYO) Potato Bowl (customizable) V GF	Hummus Flatbread (customizable) V	Build Your Own (BYO) Burrito V	White Cheddar Poblano Grilled Cheese and Local Seasonal Vegetables V WG	Lemon Chicken Bowl LC Frittata Station V GF LC	Egg White Frittata (customizable) V GF LC	Build Your Own (BYO) Burrito V
Quinoa and Potato Risotto (customizable) V GF WG	Hoppin' John WG	Whole Grain Griddle Cakes and Mushroom Ragout V WG	White Cheddar Poblano Grilled Cheese and Local Seasonal Vegetables V WG	Lasagna and Panzanella Small Plate LC Frittata Station V GF LC	Frittata with Roasted Vegetables (customizable) V GF LC	Red Thai Curry over Barley (customizable) V WG