

| <b>MENSA Weekly Menu</b>   |                                  |                              |                                 |                              |
|--|----------------------------------|------------------------------|---------------------------------|------------------------------|
| <b>MONDAY</b>  | <b>TUESDAY</b>                   | <b>WEDNESDAY</b>             | <b>THURSDAY</b>                 | <b>FRIDAY</b>                |
| <b>7</b>   | <b>8</b>                         | <b>9</b>                     | <b>10</b>                       | <b>11</b>                    |
|  |                                  |                              |                                 |                              |
|  |                                  |                              |                                 |                              |
| Soup of the Day  | Soup of the Day                  | Soup of the Day              | Soup of the Day                 | Soup of the Day              |
| White Rice   | White Rice                       | White Rice                   | White Rice                      | White Rice                   |
| Plain Pasta  | Plain Pasta                      | Plain Pasta                  | Plain Pasta                     | Plain Pasta                  |
| Pasta w/Tomato or Meat Sauce                                     | Pasta w/Tomato or Meat Sauce     | Pasta w/Tomato or Meat Sauce | Pasta w/Tomato or Meat Sauce    | Pasta w/Tomato or Meat Sauce |
| Pasta w/oil, garlic and hot pepper                               | Stuffed pasta w/cheese and speck | Rice w/lemon and saffron     | Baked pasta w/pumpkin and speck | Pasta w/cheese               |
| Grilled chicken breast   | Baked chicken thighs             | Cod fish w/nuts              | Baked cheese w/onion and potato | Tortellini in broth          |
| Pork shin  | Beef burger                      | Sausage w/ajvar sauce        | Boiled beef w/green sauce       | Fried sole fish              |
| Salad cake w/spinach and ricotta                                 | Jalapeno                         | Sliced beef w/green pepper   | Chicken nuggets                 | Omelette w/onion             |
|  |                                  |                              |                                 |                              |
|  |                                  |                              |                                 |                              |
| Cured Ham  | Cured Ham                        | Cured Ham                    | Cured Ham                       | Cured Ham                    |
| Chef Salad   | Chef Salad                       | Chef Salad                   | Chef Salad                      | Chef Salad                   |
| Mozzarella and Tomatoes  | Mozzarella and Tomatoes          | Mozzarella and Tomatoes      | Mozzarella and Tomatoes         | Mozzarella and Tomatoes      |
| Mixed Cold Plates  | Mixed Cold Plates                | Mixed Cold Plates            | Mixed Cold Plates               | Mixed Cold Plates            |
| Potatoes   | Potatoes                         | Potatoes                     | Potatoes                        | Potatoes                     |
| Steamed Vegetables   | Steamed Vegetables               | Steamed Vegetables           | Steamed Vegetables              | Steamed Vegetables           |
| Mixed Salad  | Mixed Salad                      | Mixed Salad                  | Mixed Salad                     | Mixed Salad                  |
|  |                                  |                              |                                 |                              |
| <b>MENU SUBJECT TO CHANGED BASED ON AVAILABILITY OF PRODUCTS</b> |                                  |                              |                                 |                              |