



Thomas University Weekly Meal Plan Menu

April-24,-April-28, 2023



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:00 - 9:00am Friday Only 8:00 - 10:00am	• Eggs • Bacon • Potato Patty • French Toast • Oatmeal • Grits • Fruit/Yogurt Bar • Muffin Tops • Cereal Station	• Eggs • Sausage links • Potato Wedges • Pancakes • Oatmeal • Grits • Fruit/Yogurt Bar • Muffin Tops • Cereal Station	• Eggs • Sausage Patty • Hash browns • French Toast • Oatmeal • Grits • Fruit/Yogurt Bar • Muffin Tops • Cereal Station	• Eggs • Bacon • Tater Tots • Gravy and Biscuits • Oatmeal • Grits • Fruit/Yogurt Bar • MuffinTops • Cereal Station	• Omlets on Deman • Sausage Patty • Potato Patty • Belgium Waffles • Oatmeal • Grits • Fruit/Yogurt Bar • Muffin tops • Cereal Station
Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner 5:30 - 7:00pm	- Korean Beef - Fry Rice • Veggies • Salad Bar •Muffin Tops • Cereal Station • Dessert	- Beef Nachos • Red Beans • Rice • Salad Bar • MuffinTops • Cereal Station • Dessert	• Shrimp Étouffée - Rice • Vrggies • Salad Bar • MuffinTops • Cereal Station • Dessert	- Char Grilled Burgers - French Fries - Baked Beans • Salad Bar • MuffinTops • Cereal Station • Dessert	- Pizza N Chicken Tendres - French Fries - Butter Corn • Salad Bar • Muffin tops • Cereal Station • Dessert