



VAN DER MEER
TENNIS ACADEMY

BOARDING
PLAYERS
MONTHLY
MENU

JANUARY 2012

**BREAKFAST FOODS
AVAILABLE DAILY**

Juices
Milk
Cereals
Toast
Bagels

Pancakes
Fresh Fruit
Yogurt
Eggs w/ Bacon
(upon request)

**LUNCHES PACKED OR
EATEN IN-HOUSE**

Deli-Style Sandwiches
Submarine Sandwiches
Assorted Chips
Fresh Fruit
Yogurt

Granola Bars
Juices
Gatorade

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DINNER Rice Vegetables Salad 2	DINNER Spaghetti & Meat Sauce Salad Garlic Bread 3	DINNER Breaded Chicken Tenderloins Mashed Potatoes Salad Rolls 4	DINNER Lean Sirloin Burgers Seasoned Curly Fries Salad 5	DINNER Grilled Chicken Breasts Rice Broccoli Salad Rolls 6
DINNER Sirloin Steaks Mashed Potatoes Salad Rolls 9	DINNER Grilled Salmon Breaded Shrimp Rotini Pasta Salad Rolls 10	DINNER Baked Ham Baked Potatoes Salad Rolls 11	DINNER Homemade Soft Tacos Rice Tortilla Chips & Salsa 12	DINNER Pork Chops Stir Fry Vegetables Salad Rolls 13
DINNER General Tso's Chicken Rice Egg Rolls Salad 16	DINNER Lean Sirloin Burgers Waffle Fries Salad 17	DINNER Breaded Chicken Tenderloins Mashed Potatoes Salad Rolls 18	DINNER Spaghetti & Meat Sauce Salad Garlic Bread 19	DINNER Grilled Chicken Breasts Rice Broccoli Salad Rolls 20
DINNER Turkey Breast Baked Potatoes Salad Rolls 23	DINNER Grilled Salmon Breaded Shrimp Rice Vegetables Salad 24	DINNER Baked Ham Macaroni & Cheese Salad Rolls 25	DINNER Sirloin Steak Kabobs Mashed Potatoes Salad Rolls 26	DINNER Soft Tacos Rice Salad Tortilla Chips & Salsa 27
DINNER General Tso's Chicken Rice Egg Rolls Salad 30	DINNER Lean Sirloin Burgers Seasoned Curly Fries Salad 31			

SATURDAY & SUNDAY Meals are eaten at or brought in from select restaurants