

GT_AA Training Table

GTA A EDGE WEEK FOUR

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
26-Mar-10	27-Mar-10	28-Mar-10	29-Mar-10	30-Mar-10	31-Mar-10	1-Apr-10
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
French Toast Shredded Potatoes Red Hots Scrambled Eggs Oatmeal Biscuits & Gravy Hard Boiled Eggs			Waffles Hashbrown Patties Bacon Scrambled Eggs Grits Bagels Hard Boiled Eggs	Pancakes Shredded Potatoes Chicken Patties Scrambled Eggs Oatmeal Biscuits & Gravy Hard Boiled Eggs	Chocolate Chip Pancakes Tater Tots Sausage Patties Scrambled Eggs Cheese Grits Biscuits & Gravy Hard Boiled Eggs	French Toast Sticks Home-style Potatoes Canadian Bacon Scrambled Eggs Cream of Wheat English Muffins Hard Boiled Eggs
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Fried and Baked Chicken Herb Roasted Potatoes <i>Entrée 2</i> Grilled Tuna Steaks			Thai Curried Grouper Jasmine Rice <i>Entrée 2</i> grill chicken breast	jerk pork loin rice <i>Entrée 2</i> beef stir fry	turkey burger curly fries <i>Entrée 2</i> angus beef burger	flank steak boiled potatoes <i>Entrée 2</i> chicken lasagne
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Macaroni and Cheese Asparagus Roasted Zucchini & Squash Petite Corn Cobs			Pinto Beans French Green Beans w/ Almonds Cauliflower Whole Kernel Corn	carrots sugar snaps California Blend Baked Peach Halves	green beans zucchini Steamed Cabbage Sliced Carrots	Sauteed Mushrooms & Onions Broccoli Spears Green Peas Black-eyed Peas
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
 <i>Entrée 2</i>	 <i>Entrée 2</i>		lemon pepper chicken mashed potatoes <i>Entrée 2</i> roast beef	rosemary turkey roasted potatoes <i>Entrée 2</i> Breakfast @ Night	meatloaf mashed potatoes <i>Entrée 2</i> chicken tenders	baked ham White Rice <i>Entrée 2</i> sweet & sour shrimp
VEGETABLES	VEGETABLES	CLOSED	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
			Northern Beans corn cob Asparagus Peas & Carrots	Fried Mushrooms Broccoli Spears Italian Green Beans Candied Yams	Black Beans Mixed Greens Brussel Sprouts yellow squash	Fried Okra Asparagus stuffed peppers Whole Kernel Corn
ACTION STATION	ACTION STATION	ACTION STATION	ACTION STATION	ACTION STATION	ACTION STATION	ACTION STATION
PERSONAL PIZZAS			OMELET STATION	chicken labretti	BEEF BURRITOS	GRILL CHEESE & TOMATO SOUP
DESIGN SALAD	DESIGN SALAD	DESIGN SALAD	DESIGN SALAD	DESIGN SALAD	DESIGN SALAD	DESIGN SALAD
chef special salad			chicken ceasar	oriental chicken	cajun chicken	shrimp