

Example Platinum Plan Meal Plan: Week 1

Platinum Plan Meal Holders receive complimentary drip coffee and tea with their Coffee Club Card.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Freshens Smoothie Cafe Bergson \$6.29	Ham, Egg & Cheese Sandwich LaJoy's Coffee \$6.25	Build Your Own Oatmeal Cherry Tree \$5.99	Breakfast Empanada Coffeestamp \$4.75	Bacon, Egg, & Cheese Croissant Paws & Go \$4.99	Breakfast Sandwich Subway \$5.99	Bagel & Cream Cheese Cherry Tree \$3.25
Lunch	Burrito Bowl with Rice & Beans DUC Taqueria \$10.99	Pork Slider with Brussel Sprouts Beast Craft BBQ \$6.99	General Tso Chicken (Small) Corner 17 \$10.99	Chicken Salad Sandwich with Red Cabbage Atchara The Fattened Caf. \$12.50	Build Your Own Salad The DUC - Neapolitan \$10.99	Personal Pizza The Bear's Den - Neapolitan \$10.99	Brunch Plate (Eggs, Potato, Turkey Sausage) The Village \$7.99
Dinner	Build Your Own Pasta The Bear's Den - Semolina \$8.99	Market Platter The Bear's Den - Spice Market \$10.99	Build Your Own Salad The Bear's Den - Seasons \$10.99	Simple Servings Plate (Protein, Veggie, Starch) The Bear's Den - Simple Servings \$10.99	Build Your Own Pasta The Bear's Den - Semolina \$8.99	Simple Servings Plate (Protein, Veggie, Starch) The Bear's Den - Simple Servings \$10.99	Philly Cheesesteak with Grilled Veggies The Village \$12.54
Totals	\$26.27	\$24.23	\$27.97	\$28.24	\$24.07	\$27.97	\$23.78

Week Total: \$182.53

Example Platinum Plan Meal Plan: Week 2

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Oatmeal LaJoy's Coffee Cafe \$3.95	Belgian Waffle with Fruit Toppings Cherry Tree \$5.99	Bacon, Egg, & Cheese Croissant Cafe Bergson \$5.99	Garden Curry Empanada Coffeestamp \$4.75	Asiago Bagel & Cream Cheese LaJoy's Coffee Cafe \$2.95	Blueberry Yogurt Parfait Cafe Bergson \$4.99	Sausage, Egg, & Cheese Breakfast Sandwich Paws & Go \$4.99
Lunch	Build Your Own Sandwich with Cup of Soup Cherry Tree \$12.08	Sichuan Crispy Chicken (Small) Corner 17 \$10.99	Buffalo Grilled Cheese Panini Collins Farms \$11.00	Vegan Vegetable Curry Bowl with Greek Salad The DUC - Kalamata \$8.99	Kosher Entree and Sides The Bear's Den - L'Chaim \$13.99	12" Cold Cut Combo Meal Subway \$8.89	Biscuits & Gravy with an Egg The Village \$7.28
Dinner	Build Your Own Chicken Sandwich with Baked Potato The Bear's Den - Grill \$14.49	Simple Servings Plate (Protein, Veggie, Starch) The Bear's Den - Simple Servings \$10.99	Build Your Own Pasta The Bear's Den - Semolina \$8.99	Build Your Own Salad The Bear's Den - Seasons \$10.99	Half & Half The Bear's Den - Grill \$9.49	Market Platter The Bear's Den - Spice Market \$10.99	Build Your Own Sandwich with Soup The Village - Stacked \$12.08
Totals	\$30.52	\$27.97	\$25.98	\$24.73	\$26.43	\$24.87	\$24.35

Week Total: \$184.85

Example Platinum Plan Meal Plan: Week 3

Platinum Plan Meal Holders receive complimentary drip coffee and tea with their Coffee Club Card.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Breakfast Empanada Coffeestamp \$4.75	Oatmeal LaJoy's Coffee Cafe \$3.95	Sausage, Egg, & Cheese Breakfast Sandwich Paws & Go \$4.99	Everything Bagel & Cream Cheese LaJoy's Coffee Cafe \$2.95	Bacon, Egg, & Cheese Croissant Cafe Bergson \$5.99	Strawberry Yogurt Parfait Paws & Go \$4.99	Assorted Danish Cherry Tree \$2.70
Lunch	BBQ Chicken Panini with Chips Collins Farms \$11.00	Burrito with Rice & Beans DUC - Taqueria \$10.99	Spicy Falafel Meal The DUC - Kalamata \$11.99	Spicy Pork Longganisa Bowl (Large) The Fattened Caf. \$13.00	Poke Bowl Stanley's Sushi \$9.00	Roasted Vegetable & Hummus Wrap Cafe Bergson \$10.99	Brunch Plate (Eggs, Potato, Turkey Sausage) The Village \$7.99
Dinner	Half & Half The Bear's Den - Grill \$9.49	Build Your Own Pasta The Bear's Den - Semolina \$8.99	Black Bean Burger & Sweet Potato Fries The Bear's Den - Grill \$12.54	Simple Servings Plate (Protein, Veggie, Starch) The Bear's Den - Simple Servings \$10.99	Market Platter The Bear's Den - Spice Market \$10.99	Grilled to Order Pork Chop with Vegetable of the Day and Fries The Bear's Den \$13.09	Grilled Chicken Sandwich with Grilled Veggies The Village \$12.54
Totals	\$25.24	\$23.93	\$29.52	\$26.94	\$25.98	\$29.07	\$23.23

Week Total: \$183.91

Three Week Average: \$183.76