

Menu

Breakfast.

Morning Specialties

- ⇒ Day 1: Scrambled Eggs with Spinach Whole Wheat Toast Fresh Fruit Salad Oatmeal with Honey
- ⇒ Day 2: Pancakes with Maple Syrup Turkey Bacon Yogurt Parfait with Grano-la Orange Juice Day 3: Vegetable Omelette Toast with Avocado Sliced
 Melon Herbal Tea
- ⇒ Day 4: French Toast with Berries Sausage Links Cottage Cheese Coffee or Decaf
- ⇒ Day 5: Breakfast Burrito (Egg, Cheese, and Veggies) Salsa on the Side Fresh Grapes - Milk Day 6: - Creamy Grits - Poached Eggs - Sliced Tomatoes - Apple Juice
- ⇒ Day 7: Smoothie Bowl (Banana, Spinach, Yogurt) Almonds on Top Whole
 Wheat Muffin Green Tea



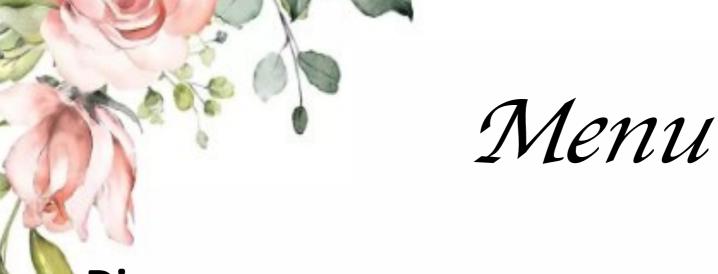
Lunch menu-

Lunch Specialties

- ⇒ Day 1: Grilled Chicken Salad (Mixed Greens, Cherry Tomatoes, Cucumber) Whole Grain Roll - Fruit Cup
- ⇒ Day 2: Turkey and Cheese Sandwich on Whole Wheat Vegetable Soup Potato Chips
- ⇒ Day 3: Baked Salmon Quinoa Pilaf Steamed Broccoli Mixed Green Salad
- \Rightarrow Day 4: Vegetable Stir-Fry with Tofu Brown Rice Fortune Cookie
- ⇒ Day 5: Beef Tacos with Lettuce, Cheese, and Salsa Rice and Beans Pineapple Slices
- ⇒ Day 6: Spinach and Feta Stuffed Chicken Breast Mashed Potatoes Green Beans
- ⇒ Day 7: Pasta Primavera Garlic Bread Caesar Salad







Dinner menu

Dinner Specialties

- ⇒ Day 1: Roast Pork Loin Sweet Potato Mash Steamed Carrots
- ⇒ Day 2: Chicken Alfredo Pasta Side Salad Garlic Breadsticks
- ⇒ Day 3: Beef Stroganoff Egg Noodles Roasted Brussels Sprouts
- ⇒ Day 4: Baked Cod with Lemon Butter Couscous Asparagus
- ⇒ Day 5: Vegetarian Chili Cornbread Sliced Avocado
- ⇒ Day 6: Herb-Crusted Chicken Thighs Wild Rice Mixed Vegetables
- ⇒ Day 7: Stuffed Bell Peppers (Ground Turkey, Rice, Veggies) Side of Coleslaw Chocolate
 Pudding for Dessert



