

Featured Menu Selections

Breakfast		Lunch		Dinner		Always Available
SUNDAY	Regular Scrambled Eggs (1) 1 oz. Turkey Sausage Patty Oatmeal w/ Raisins or Cranberries 1 oz <u>cupped</u> Fresh Banana Apple Cinnamon Cream of Wheat	Soups: Chicken Noodle Cr. of Chicken Dinner Roll Double Chocolate Trifle	Braised Pot Roast Boiled Red Potatoes Baby Carrots Pineapple Cottage Cheese Fruit Plate	Soups: Chicken Noodle Cr of Mushroom Dinner Roll Lemon Tart Trifle	Herb Roasted Chicken Breast w/ Gravy Steamed Broccoli Mashed Sweet Potato Dijon Roast Beef Sand on Whole Wheat	Breakfast Scrambled/ Hardboiled Eggs Cheese or Veggie Omelet Chicken Bacon/Turkey Sausage Biscuit/Toast/English Muffin Apple or Blueberry Muffin Whole Grain Pancakes Buttermilk Pancakes Oatmeal/Grits Apple Cinnamon Cream of Wheat Assorted Cold Cereals Soups, Sandwiches & Salads Turkey/Roast Beef/ Tuna or Peanut Butter Sandwich Chef/ Chicken Caesar Salad Fresh Fruit/ Cottage Cheese Plate Chicken Noodle/Cream of Tomato/Cream of Chicken Soup Entrees &Sides Hamburger/Garden Burger/ Grilled Chicken Sandwich Grilled Cheese/ Side Salad Vegetable of the day/ Mashed Potatoes/ Baked Potato/ Baked Sweet Potato Wellness Combos Honey Dijon Chicken Sandwich Garden Salad & Fresh Pineapple Mediterranean Platter w/ Hummus and Tabbouleh Fruit & Desserts Ice Cream/Orange Sherbet/ Italian Ice/Brownie/Cookie/Pudding/ SF Pudding/ Jello Reg/SF Angel Food Cake/Peaches/Pears Fresh Fruit Cup/Applesauce Beverages Coffee/Hot Tea/Iced Tea Bottled Water/ Juices/ Milks/ Soy/Lactaid
MONDAY	Regular Scrambled Cheese Eggs Tomato Salsa 1 oz. <u>cupped</u> Orange Wedge Garnish Mini Honey Bran Muffin 6 Orange Wedges Apple Cinnamon Cream of Wheat	Soups: Beef Noodle Cr of Tomato Dinner Roll Banana Pudding Parfait	Dijon Herb Chicken Breast Green Beans Garlic Mashed Potatoes Chopped BBQ Chicken Salad	Soups: Beef Noodle Cr. of Potato Dinner Roll Strawberry Shortcake	Deep Dish Beef Lasagna Sautéed Squash & Roasted Peppers Greek Salad w/ Chicken Greek Dressing	
TUESDAY	Whole Grain Pancakes w/ Strawberry Garnish (1) 1 oz. Turkey Sausage Patty Fresh Banana Apple Cinnamon Cream of Wheat	Soups: Corn Chowder Dinner Roll Peaches & Cream Trifle	Herb Crusted Pacific Cod Yellow Rice Broccoli & Cauliflower Turkey Club Wrap	Soups: Corn Chowder Dinner Roll Chocolate Bundt Cake	Open Face Roast Beef Sand w/ Mashed Potatoes & Gravy Seasoned Green Beans Spinach Salad w/ Turkey, Almonds & Cranberries w/ Honey Dijon	
WEDNESDAY	Potato Vegetable Skillet made w/ Egg Substitute Seasonal Fruit Cup Cold Cereal Apple Cinnamon Cream of Wheat/ Grits	Soups: Chix Tortilla Soup Cr. Of Mushroom Orange Creamsicle	Beef Stew w/ Vegetables Steamed Brown Rice Small Garden Salad Grilled Chix Caesar Wrap	Soups: Chix Tortilla Soup Cr of Chicken Dinner Roll Lemon Tart	Roasted Turkey w/ Gravy Mashed Potatoes Steamed Baby Carrots Cranberry Sauce Santa Fe Chicken Salad	
THURSDAY	Turkey Sausage & Cheese Casserole made w/ Egg Whites Blueberry Muffin Apple Cinnamon Cream of Wheat	Soups: Tomato Soup SR Dinner Roll Choco Brownie & Strawberry Trifle	Tomato Basil Chicken Bowtie Pasta Steamed Broccoli Tuscan Turkey Fold	Soups: Tomato Soup SR Dinner Roll Carrot Bundt Cakes	Home-made Meatloaf Herb Roasted Potatoes Seasoned Green Beans Chicken Salad Sandwich on White Bread	
FRIDAY	Orange French Toast made with Egg Substitute (1) 1 oz. Turkey Sausage Patty Toasted Oats Cereal 6 Orange Wedges Apple Cinnamon Cream of Wheat/ Grits	Soups: Broccoli Cheddar Soup Dinner Roll S'mores Trifle	Chicken & Dumplings Made with Garden Vegetables Tuna Salad Sandwich on Wheat Bun	Soups: Broccoli Cheddar Soup Dinner Roll Apple Crisp	Dijon Herb Crusted Tilapia Cabernet Medley Rice Carrots, Yellow Squash, Broccoli and Mushroom Chicken Caesar Salad	
SATURDAY	Egg Sandwich w/ Cheese on Wheat English Muffin made w/ Egg Whites Tomato Salsa 1 oz. <u>cupped</u> Grape Cup Apple Cinnamon Cream of Wheat	Soups: Vegetable Rice Soup Cr. Of Mushroom Dinner Roll Berry Cherry Cobbler	Baked SW Chicken Breast Spanish Rice Mexican Corn Basic Chicken Salad Wrap	Soups: Vegetable Rice Soup Cr. of Potato Dinner Roll Banana Pudding Parfait	Penne Pasta with Meatballs & Marinara Seasoned Green Beans Chef Salad w/ Ranch	

Juice Selections: Orange, Cranberry, Grape, Apple, Prune

Cold Beverage Selections: Iced Tea, Cola, Lemon-lime

***All selections may not be available for your diet prescription**

Hot Beverage Selections: Coffee, Decafe. Coffee, Tea, Hot chocolate