

★ ★ January

LIGHTER SIDE SPECIAL'S

January 22nd - January 28th

Dining Room Hours

Breakfast: 7:30 AM-9:00 AM

Lunch: 11:30 AM-12:30 PM

Supper: 4:30 PM-5:30 PM

BREAKFAST

Sunday 1/22	Monday 1/23	Tuesday 1/24	Wednesday 1/25	Thursday 1/26	Friday 1/27	Saturday 1/28
Scrambled Egg Beaters Turkey Sausage Whole Grain Toast Fruit	Egg Bake with Potatoes, Vegetables and Cheese Whole Grain Toast Fruit	Cream of Wheat with Berries and Honey Yogurt Muffin	Avacado Spread on Whole Grain Toast w/Eggs Turkey Sausage Yogurt Fruit	Oatmeal with Walnut and Raisins Fresh Fruit Yogurt Muffin	Cold Cereal Milk Hard Boiled Egg Fresh Fruit Muffin	Egg White Omelet Veggies, And Cheese W/ Turkey Sausage, Whole Grain Toast Fruit



LUNCH



Shrimp Fried Rice Steamed Vegetables Fruit	Chef Salad Wheat Breadstick Fruit	Herb Baked Chicken Roasted Potatoes Vegetable	Chefs Choice Soup Tuna and Cheese Sandwich Lettuce Fruit	California Turkey Burger Sweet Potato Chips Fruit	Salmon Cakes Tarter and Lemon Green Salad Tomatoes Cucumber Raspberry Vinaigrette	Steamed Shrimp Cocktail Sauce Sweet Potato Tot's Vegetable
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SUPPER



Chicken Caesar Salad Wheat Bread Stick Fruit	Chefs Choice Soup Egg Salad on Whole Grain Toast	Baked Potato w/ Bacon, and Cheese Sour Cream Broccoli	Spring Greens with Bacon, Eggs, and Cheese Wheat Breadstick Light Ranch Dressing	Grilled Chicken Sandwich Sweet Potato Fries Fruit	Chefs Choice Soup Petite Chef Salad Ranch Dressing	BBQ Chicken Baked Potato Vegetable
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MENU SUBJECT TO CHANGE

Kitchen Number: 763-270-3487

