

# ★ ★ January

## LIGHTER SIDE SPECIAL'S

January 15th - January 21st

**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 1/15	Monday 1/16	Tuesday 1/17	Wednesday 1/18	Thursday 1/19	Friday 1/20	Saturday 1/21
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



Strawberry Grilled Chicken Spinach Salad Bleu Cheese, Walnuts And Rspberry Vingerette	Shrimp Caesar Salad Wheat Bread Stick Fruit	Chicken and Noodle Stir-Fry Fresh Fruit	Chefs Choice Soup Turkey Ranch Club wrap Fruit Garnish	California Turkey Burger Sweet Potato Fries Fruit	Crab Salad Over Salad Green's Breadstick	Herb Baked Chicken Roasted Potatoes Vegetable
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### SUPPER



Tuna Melt on Whole Grain Bread Side Salad w/ Light Ranch Dressing	Chefs Choice Soup Egg Salad on Whole Grain Toast	B.L.T on Whole Wheat bread w/Light Mayonnaise Fruit	Pesto Baked Salmon Brown Rice Pilaf Vegetables	Ham and Swiss Tortilla Roll-up Sun Chips Fruit	Chefs Choice Soup Grilled Cheese on Whole Grain Bread	Penne Pesto Primavera Side Salad Italian Dressing
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**MENU SUBJECT TO CHANGE**

Kitchen Number: 763-270-3487

