

# Daily Chef Specials

December 1st- December 7th

Kitchen# 763-270-3487

SUNDAY 12/1

MONDAY 12/2

TUESDAY 12/3

WEDNESDAY 12/4

THURSDAY 12/5

FRIDAY 12/6

SATURDAY 12/7

## BREAKFAST

Caramel Roll  
Scrambled  
Egg's  
Bacon  
Fruit

Choice of  
Egg's Bacon  
or Sausage  
Hashbrown's  
Pastry  
Fruit

Waffles  
Bacon  
Scrambled  
Egg's  
Fruit

Sausage and  
Potato Skillet  
Scrambled  
Eggs  
Fruit

Pancakes  
Scrambled  
Egg's  
Sausage  
Fruit

Chef's Choice  
Omelet  
Bacon  
Pastry  
Fruit

French Toast  
Scrambled  
Egg's  
Sausage  
Fruit

## LUNCH

Beef Pot  
Roast  
Mashed  
Potatoes  
Vegetable  
Blueberry Pie

BBQ Glazed  
Boneless Ribs  
Mac and  
Cheese  
Baked Beans  
Biscuit  
Pineapple  
Upside Down  
Cake

Swedish  
Meatballs  
Over Egg  
Noodles  
Vegetables  
Red Velvet  
Cake

Soup of the  
Day  
Herb Focaccia  
with Ham,  
Salami, and  
Provolone  
Toffee  
Cheesecake

Bacon  
Cheesburger  
Potato Salad  
Pickle  
Ice Cream  
Treat

Chicken Fried  
Steak  
Mashed  
Potato  
Country Gravy  
Vegetable  
Cream Puff

Stewed  
Chicken over  
Dumplings  
Vegetables  
Mixed Berry  
Crisp

## DINNER

Goulash  
Buttered Bread  
Vegetable  
Fruit  
Brownie

Soup Of The  
Day  
Ham and  
Cheese Melt  
Cookies

Beef Tacos  
Sour Cream  
and Salsa  
Mini Donuts

BBQ Pulled  
Pork  
Tater Tots  
Coleslaw  
Pudding

Boneless  
Chicken Wings  
Celery and  
Carrot Sticks  
Ranch  
Dressing  
Jell-O

Soup Of the  
Day  
Bacon and  
Tomato Grilled  
Cheese  
Sandwich  
Ice Cream

Shepards Pie  
Garlic  
Breadstick  
Vegetable  
Apple Crisp

Breakfast: 7:30 - 9:00am

Lunch: 11:30 - 12:30pm

Dinner: 4:30 - 5:30pm

Engel Haus

# Lighter Side Specials

December 1st- December 7th

Kitchen# 763-270-3487

SUNDAY 12/1

MONDAY 12/2

TUESDAY 12/3

WEDNESDAY 12/4

THURSDAY 12/5

FRIDAY 12/6

SATURDAY 12/7

## BREAKFAST

Oatmeal with  
Berries,  
Honey and  
Walnuts  
Muffin  
Yogurt

Avocado Toast  
Scrambled  
Eggs  
Low Sodium  
Bacon  
Fruit

Cold Cereal  
Muffin  
Yogurt  
Fruit

Scrambled  
Eggs  
Low Sodium  
Bacon  
Wheat Toast  
Fruit

Yogurt Parfait  
Muffin  
Fruit

Oatmeal with  
Raisins, Brown  
Sugar and  
Walnuts  
Muffin  
Yogurt  
Fruit

Omelet with  
Veggies  
Whole Grain  
Toast  
Low Sodium  
Bacon

## LUNCH

Strawberry and  
Spinach Salad  
Blue Cheese,  
Chicken and  
Walnuts  
Raspberry  
Vinaigrette

Ruben on Whole  
Grain Bread  
Fresh Fruit

Lemon Pepper  
Baked Cod  
Mixed Green  
Garden Salad  
with Vinaigrette

Chefs Choice  
Soup  
B.L.T on Whole  
Grain Bread  
Fruit

California Grilled  
Chicken  
Sandwich  
Sweet Potato  
Tots  
Fruit

Baked Tilapia with  
Lemon and Tartar  
Sauce  
Parmesan Butter  
and Herb Orzo  
Vegetables

Steamed Shrimp  
Cocktail Sauce  
Lemon  
Sweet Potato  
Tots  
Vegetables

## DINNER

Spinach B.L.T  
Who le Grain  
Bread  
Cottage Cheese  
Fruit

Soup of the Day  
Grilled Cheese on  
Whole Grain  
Bread

Chicken Taco  
Salad  
Salsa  
Sweet Potato  
Tots

Loaded Baked  
Potato  
Cheese  
Broccoli  
Fruit

Mixed Greens  
Salad with  
Berries, Oranges,  
Walnuts, Hard  
Boiled Eggs  
Poppyseed  
Dressing

Soup of the Day  
Deli Turkey and  
Cheese Sandwich  
Multigrain Chips

Grilled Steak  
Caesar Salad  
Bread Stick  
Fruit

Breakfast: 7:30 - 9:00am

Lunch: 11:30 - 12:30pm

Dinner: 4:30 - 5:30pm

Engel Haus