



LIGHTER SIDE SPECIAL'S

March 5th - March 11th

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 3/5	Monday 3/6	Tuesday 3/7	Wednesday 3/8	Thursday 3/9	Friday 3/10	Saturday 3/11
Tomatoes & Onions Egg White Scramble Meatless Sausage Sliced Avocado Whole Grain Toast Fruit	Fresh Muffins Hard Boiled Egg Bacon Yogurt Berries	Avacado Spread on Whole Grain Toast w/Eggs Turkey Sausage Yogurt Fruit	Oatmeal with Walnuts Fresh Fruit Yogurt Muffin	Whole Grain Toast Egg White Scramble with Vegetables Low Sodium Sausage Fresh Fruit	Cold Cereal Milk Hard Boiled Egg Fresh Fruit Muffin	Egg White Omelet W/ Turkey Sausage, Veggies, And Cheese Whole Grain Toast Fruit



LUNCH

Salad with Chicken Breast, Cheese, Avocado & Egg Whole Grain Breadstick Lite Ranch Dressing	BBQ Chicken Baked Potato Vegetable	Turkey Club Wrap Sweet Potato Chips Fruit Garnish	Chef's Choice Soup Deli Ham and Cheese Sandwich Lettuce, Tomato with Light Mayonnaise Multi Grain Chips	Turkey Burger With Lettuce, Tomato, Light Mayonnaise Sweet Potato Chips	Baked Tilapia with Citrus Glaze Brown Rice Vegetables	Strawberry Chicken Spinach Salad Blue Cheese Candied Walnuts Raspberry Vinaigrette
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SUPPER

Grilled Chicken Sandwich w/ Mayo, Lettuce, & Tomatoes Fresh Fruit	Chef's Choice Soup Tuna Melt on Whole Grain Bread	Shrimp Taco's Fresh Salsa Avocado Sweet Potato Tortilla Chips Fruit	Lemon Pepper Baked Cod Mixed Green Garden Salad with Vinaigrette	Mixed Green Salad Tomatoes, Onions, Blue Cheese Sliced Chicken Breast Light Ranch Dressing	Chef's Choice Soup Egg Salad on Whole Grain Bread Fruit	Chicken Salad with Pecans and Grapes On Wheat Bread Sweet Potato Chips Orange Wedge
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MENU SUBJECT TO CHANGE

Kitchen Number: 763-270-3487

