



LIGHTER SIDE SPECIAL'S

July 31st- August 6th

Dining Room Hours
Breakfast: 7:30 AM-9:00 AM
Lunch: 11:30 AM-12:30 PM
Supper: 4:30 PM-5:30 PM

B R E A K F A S T

Sunday 7/31	Monday 8/1	Tuesday 8/2	Wednesday 8/3	Thursday 8/4	Friday 8/5	Saturday 8/6
Cold Cereal Milk Hard Boiled Egg Fresh Fruit Muffin	Avocado Toast with Egg's Fresh Fruit	Cream of Wheat with Berries and Honey Yogurt Muffin	Multigrain Pancakes Turkey Sausage Sugar Free Syrup Fresh Berries	Oatmeal with Walnut and Raisins Fresh Fruit Yogurt Muffin	Whole Grain Toast Egg White Scramble with Vegetables Turkey Sausage Fresh Fruit	Egg White Omelet W/ Turkey Sausage, Veggies, And Cheese Whole Grain Toast Fruit

L U N C H

Strawberry Grilled Chicken Salad Blue Cheese Candied Walnuts Raspberry Vinaigrette	Brown Rice Bowl Topped with Sesame Chicken Vegetables	Honey Garlic Salmon Quinoa & Steamed Broccoli	Chefs Choice Soup Egg Salad on Whole Grain Toast Fruit	California Turkey Burger Sweet Potato Fries Fruit	Lemon-Pepper Baked Cod Sweet Potatoes Vegetables	Chicken Club Ranch Wrap Pasta Salad
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S U P P E R

Roast Beef Sandwich on Whole Grain Bread Side Salad w/ Balsamic Vinaigrette	Chefs Choice Soup Grilled Cheese on Whole Grain Bread	Shrimp Taco's w/ Lettuce, Tomatoes Salsa & Sour Cream Tortilla Chips	Green Salad Cucumbers Onions Tomatoes Chopped Eggs Bacon Ranch Dressing	Grilled Chicken Nuggets Carrot and Celery Stick's Light Ranch Dipping Sauce	Chefs Choice Soup Ham and Cheese on Whole Grain Bread Fruit	Turkey Bolognese with Tortellini Wheat Breadstick
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MENU SUBJECT TO CHANGE

Kitchen Number: 763-270-3487

