



## LIGHTER SIDE SPECIAL'S

August 7th - August 13th

**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

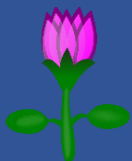
Sunday 8/7	Monday 8/8	Tuesday 8/9	Wednesday 8/10	Thursday 8/11	Friday 8/12	Saturday 8/13
Cold Cereal Milk Hard Boiled Egg Fresh Fruit Muffin	Avocado Toast with Egg's Fresh Fruit	Cream of Wheat with Berries and Honey Yogurt Muffin	Spinach and Ham Quiche Fruit	Oatmeal with Walnut and Raisins Fresh Fruit 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

Cobb Salad Ranch Dressing Breadstick	Beef Stir-Fry over Brown Rice Wonton Strips Fruit Garnish	Lemon Pepper Baked Cod Mixed Green Garden Salad with Vinaigrette	Chef's Choice Soup Turkey Sandwich with Light Mayo, Lettuce, Cheese, and Tomato	Grilled Chicken Sweet Potatoes Vegetables	Baked Tilapia with Citrus Glaze Brown Rice Vegetables	Roast Beef Sandwich on Whole Grain Bread Side Salad w/ Balsamic Vinaigrette
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### S U P P E R

Tuna Melt on Wheat Whole Grain Chips Fruit	Chef's Choice Soup Deli Ham Sandwich Lettuce, Mayo, Tomato, and Cheese On Whole Wheat Chips And Fruit	Chicken Taco Salad Tortilla Chips Southwestern Ranch Dressing	Sesame Ginger Chicken Vegetables Brown Rice Pilaf	Spring Greens with Bacon, Eggs, and Cheese Wheat Breadstick Light Ranch Dressing	Chef's Choice Soup Chicken Salad Croissant Sweet Potato Chips	Loaded Baked Potato Broccoli Fruit
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**MENU SUBJECT TO CHANGE**

**Kitchen Number: 763-270-3487**

