

September



**LIGHTER SIDE SPECIAL'S**

**September 25th - October 1st**

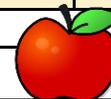
**Dining Room Hours**  
**Breakfast: 7:30 AM-9:00 AM**  
**Lunch: 11:30 AM-12:30 PM**  
**Supper: 4:30 PM-5:30 PM**

**B R E A K F A S T**

Sunday 9/25	Monday 9/26	Tuesday 9/27	Wednesday 9/28	Thursday 9/29	Friday 9/30	Saturday 10/1
Egg White Scramble with Vegetables Whole Grain Toast Turkey Sausage Fruit	Blueberry Multigrain Pancakes Turkey Sausage Sugar Free Syrup Fruit	Cream of Wheat with Berries and Honey Yogurt Muffin	Egg Bake with Potatoes, Vegetables and Cheese Whole Grain Toast Fruit	Oatmeal with Walnut and Raisins Fresh Fruit Yogurt Muffin	Cold Cereal Milk Hard Boiled Egg Fresh Fruit Muffin	Egg White Omelet W/ Turkey Sausage, Veggies, And Cheese Whole Grain Toast Fruit



**L U N C H**



Strawberry Salad w/ Chicken, Walnuts, Blue Cheese Breadstick Raspberry Vinaigrette	Grilled Chicken Sandwich Sweet Potato Fries Fruit	Turkey, Bacon, Ranch, and Spinach Wrap Whole Grain Chips Fruit	Chefs Choice Soup BLT on Whole Wheat Fresh Fruit	Turkey Rueben Sweet Potato Fries Fruit Garnish	Lemon-Herb Baked Cod Steamed Vegetable Roasted Potato	Vegetable Fried Rice Teriyaki Chicken Mandarin Oranges
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**S U P P E R**

Tuna Melt on Whole Grain Bread Potato Salad Fruit	Chefs Choice Soup Roast Beef and Cheese on Wheat	Chicken Taco Salad Tortilla Chips Sour Cream and Salsa	Steamed Shrimp Brown Rice Vegetables	Spring Greens with Bacon, Eggs, and Cheese Wheat Breadstick Light Ranch Dressing	Chefs Choice Soup Baked Potato Steamed Broccoli	Cheese Pizza Caesar Salad Dessert
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**MENU SUBJECT TO CHANGE**

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

