

LIGHTER SIDE SPECIAL'S

January 22nd - January 28th

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

Scrambled Egg Beaters Turkey Sausage Whole Grain Toast FruitEgg Bake with Potatoes, Vegetables and Cheese Whole Grain Toast FruitCream of Wheat with Berries and Honey Yogurt MuffinAvacado Spread on Whole Grain Toast Whole Grain Toast Yogurt Yogurt Yogurt Yogurt FruitOatmeal with Walnut and Raisins Fresh Fruit Yogurt Yogurt MuffinCold Cereal Weggies, And Ch Weggies, And Ch Weggies, And Ch Weggies, And Ch Wole Grain Toast Whole Grain Toast FruitCold Cereal Milk Weggies, And Ch Weggies, And Ch Wole Grain Toast Whole Grain Toast FruitWhole Grain Toast FruitFruitNuffinVeggies, And Ch Weggies, And Ch Wole Grain Toast Whole Grain Toast Yogurt FruitNuffinWilk Wole Grain To Wole Grain To Whole Grain To T								
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Beaters Turkey Sausage Whole Grain Toast FruitPotatoes, Vegetables and Cheese Whole Grain Toast Fruitwith Berries and Honey Yogurt MuffinWhole Grain Toast w/Eggs Turkey Sausage Yogurt Fruitand Raisins Fresh Fruit MuffinMilk Hard Boiled Egg Fresh Fruit MuffinVeggies, And Ch W/ Turkey Sausage Yogurt MuffinImage: Streamed Vegetables Steamed Vegetables FruitChef Salad Wheat Breadstick FruitHerb Baked Chicken Roasted Potatoes VegetableChefs Choice Soup Tuna and Cheese Sandwich Lettuce FruitCalifornia Turkey Burger Sweet Potato Chips FruitSalmon Cakes Tarter and Lemon Green Salad Tomatoes CucumberSteamed Shrin Cocktail Saud Vegetable	Sunday 1/22	Monday 1/23	Tuesday 1/24	Wednesday 1/25	Thursday 1/26	Friday 1/27	Saturday 1/28	
Turkey Sausage Whole Grain Toast Fruitand Cheese Whole Grain Toast FruitYogurt Muffinw/Eggs Turkey Sausage Yogurt FruitFresh Fruit MuffinHard Boiled Egg Fresh Fruit MuffinW/ Turkey Sausage Whole Grain To FruitShrimp Fried Rice Steamed Vegetables FruitChef Salad Wheat Breadstick FruitHerb Baked Chicken Roasted Potatoes VegetableChefs Choice Soup Tuna and Cheese Sandwich Lettuce FruitCalifornia Turkey Burger Sweet Potato Chips FruitSalmon Cakes Steamed Steamed Vegetables CucumberSteamed Steamed Chips Chef Salad Wheat Breadstick FruitHerb Baked Chicken Roasted Potatoes VegetableChefs Choice Soup Tuna and Cheese Sandwich Lettuce FruitCalifornia Turkey Burger Sweet Potato Chips FruitSalmon Cakes Steamed String Cocktail Saud Sweet Potato Chips FruitSteamed String CucumberSteamed String CucumberSteamed String Cocktail Saud Sweet Potato Chips FruitSteamed String CucumberSteamed String CucumberSteamed Vegetables FruitSteamed String FruitSteamed String FruitSteamed	Scrambled Egg	Egg Bake with		Avacado Spread on	Oatmeal with Walnut	Cold Cereal	Egg White Omelet	
Whole Grain Toast FruitWhole Grain Toast FruitMuffinTurkey Sausage Yogurt FruitYogurt MuffinFresh Fruit MuffinWhole Grain Toast Whole Grain To Whole Grain To Whole Grain To FruitShrimp Fried Rice Steamed Vegetables FruitChef Salad Wheat Breadstick FruitHerb Baked Chicken Roasted Potatoes VegetableChefs Choice Soup Tuna and Cheese Sandwich Lettuce FruitCalifornia Turkey Burger Sweet Potato Chips FruitSalmon Cakes Tarter and Lemon Green Salad Sweet Potato T Vegetable	Beaters		•	Whole Grain Toast	and Raisins	Milk	Veggies, And Cheese	
Whole Grain roast FruitWhole Grain roast FruitWhole Grain roast Yogurt FruitPresh ruitWhole Grain roast FruitShrimp Fried Rice Steamed Vegetables FruitChef Salad Wheat Breadstick FruitHerb Baked Chicken Roasted Potatoes VegetableChefs Choice Soup Tuna and Cheese Sandwich Lettuce FruitCalifornia Turkey Burger Sweet Potato Chips FruitSalmon Cakes Tarter and Lemon Green Salad Sweet Potato Chips CucumberSteamed Shrin Cocktail Saud Sweet Potato Chips Cucumber	Turkey Sausage		-	w/Eggs	Fresh Fruit	Hard Boiled Egg	W/ Turkey Sausage,	
FruitFruitFruitMarketShrimp Fried Rice Steamed Vegetables FruitChef Salad Wheat Breadstick FruitHerb Baked Chicken Roasted Potatoes VegetableChefs Choice Soup Tuna and Cheese Sandwich Lettuce FruitCalifornia Turkey Burger Sweet Potato Chips FruitSalmon Cakes Tarter and Lemon Green Salad Tomatoes CucumberSteamed Shrin Steamed Shrin Cocktail Saud Sweet Potato Chips Fruit	Whole Grain Toast	Whole Grain Toast	Muffin	Turkey Sausage	Yogurt	Fresh Fruit	Whole Grain Toast	
Shrimp Fried Rice Steamed Vegetables Fruit Chef Salad Wheat Breadstick Fruit Herb Baked Chicken Roasted Potatoes Vegetable Chefs Choice Soup Tuna and Cheese Sandwich Lettuce Fruit California Turkey Burger Sweet Potato Chips Fruit Salmon Cakes Tarter and Lemon Green Salad Tomatoes Cucumber Steamed Shrii Cocktail Sauce Sweet Potato Chips Fruit	Fruit	Fruit		Yogurt	Muffin	Muffin	Fruit	
Shrimp Fried Rice Steamed Vegetables FruitChef Salad Wheat Breadstick FruitHerb Baked Chicken Roasted Potatoes VegetableChefs Choice Soup Tuna and Cheese Sandwich Lettuce FruitCalifornia Turkey BurgerSalmon Cakes Tarter and Lemon Sweet Potato Chips Tomatoes CucumberSteamed Shrin Cocktail Saud Sweet Potato T Vegetable				Fruit				
Shrimp Fried Rice Steamed Vegetables FruitChef Salad Wheat Breadstick FruitHerb Baked Chicken Roasted Potatoes VegetableChefs Choice Soup 	LUNCH							
Steamed Vegetables FruitWheat Breadstick FruitRoasted Potatoes VegetableTuna and Cheese Sandwich LettuceBurger Sweet Potato Chips FruitTarter and Lemon Sweet Potato Chips TomatoesCocktail Saud Sweet Potato T VegetableSteamed VegetableVegetableTuna and Cheese Sandwich LettuceBurger Sweet Potato Chips FruitTarter and Lemon Sweet Potato T VegetableCocktail Saud Sweet Potato T Vegetable	Shrimp Fried Rice	Chef Salad	Herh Baked Chicken		California Turkey	Salmon Cakes	Steamed Shrimp	
Fruit Fruit Vegetable Sandwich Sweet Potato Chips Green Salad Sweet Potato T Lettuce Fruit Tomatoes Vegetable Fruit Cucumber Vegetable	•						Cocktail Sauce	
LettuceFruitTomatoesVegetableFruitCucumber	•				-		Sweet Potato Tot's	
Fruit Cucumber				Lettuce	•	Tomatoes	Vegetable	
Raspberry Vinaigrette				Fruit		Cucumber	J J	
						Raspberry Vinaigrette		
SUPPER	SUPPER							
Chicken Caesar Salad Chefs Choice Soup Baked Potato w/ Spring Greens with Grilled Chicken Chefs Choice Soup BBQ Chicke	Chicken Caesar Salad	Chefs Choice Soup	Baked Potato w/	Spring Greens with	Grilled Chicken	Chefs Choice Soup	BBQ Chicken	
	Wheat Bread Stick	Egg Salad on Whole	Bacon, and Cheese		Sandwich	Petite Chef Salad	Baked Potato	
Fruit Grain Toast Sour Cream Cheese Sweet Potato Fries Ranch Dressing Vegetable	Fruit	Grain Toast	Sour Cream	Cheese	Sweet Potato Fries	Ranch Dressing	Vegetable	
Broccoli Wheat Breadstick Fruit			Broccoli	Wheat Breadstick	Fruit			
Light Ranch Dressing				Light Ranch Dressing				
MENU SUBJECT TO CHANGE	MENU SUBJECT TO CHANGE							
Kitchen Number: 763-270-3487								