



**LIGHTER SIDE SPECIAL'S**

**January 29th - February 4th**

**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 1/29	Monday 1/30	Tuesday 1/31	Wednesday 2/1	Thursday 2/2	Friday 2/3	Saturday 2/4
Vegetable Egg White Scramble Wheat Toast Fresh Fruit	Fresh Muffins Hard Boiled Egg Bacon Yogurt Blueberries	Poached Eggs over Sautéed Spinach Turkey Sausage Whole Grain Toast	Oatmeal with Walnuts Fresh Fruit Yogurt Muffin	Healthy Breakfast Egg Bake Whole Grain Toast Fruit	Cold Cereal Milk Hard Boiled Egg Fresh Fruit Pastry	Egg White Omelet Veggies, And Cheese W/ Turkey Sausage, Whole Grain Toast Fruit

**L U N C H**

Baked Lemon-Herb Salmon Roasted Sweet Potatoes Vegetable	Grilled Chicken Breast with Apricot Glaze Steamed Rice Vegetables	Beef Stir Fry Brown Rice Pilaf Fruit	Soup and Sandwich Chefs Choice Soup Ham and Cheese on Whole Grain Bread Fruit	California Turkey Burger Sweet Potato Fries Fruit	Lemon Pepper Baked Cod Baked Potato Vegetable	Mixed Green Salad Chicken, Bacon, Egg, Blue Cheese Balsamic Dressing Breadstick
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**S U P P E R**

Garlic Shrimp in Butter Sauce Brown Rice Steam Broccoli	Soup and Sandwich Chefs Choice Soup Egg Salad on Whole Grain Toast	Mixed Green Salad Walnuts Strawberries Chicken Poppy Seed Dressing Breadstick	Fish Sandwich Lettuce, and Tartar Sauce Sweet Potato Fries	Vegetable Pasta Primavera Breadstick	Soup and Sandwich Chefs Choice Soup Grilled Cheese on Whole Grain Bread	Turkey Deli Sandwich Cottage Cheese Fruit
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**MENU SUBJECT TO CHANGE**



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