



## LIGHTER SIDE SPECIAL'S

**June 26th- July 2nd**

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

### BREAKFAST

Sunday 6/26	Monday 6/27	Tuesday 6/28	Wednesday 6/29	Thursday 6/30	Friday 7/1	Saturday 7/2
Cold Cereal Milk Hard Boiled Egg Fresh Fruit Muffin	Egg White Scrambled with Peppers, Onions, and Turkey Sausage Whole Grain Toast	Cream of Wheat with Berries and Honey Fresh Fruit Yogurt Muffin	Egg White Sandwich Turkey Sausage English Muffin Cheese Fruit	Oatmeal with Walnut and Raisins Fresh Fruit Yogurt Muffin	Whole Wheat French Toast Topped with Fruit Lower Sodium Sausage	Egg White Omelet W/ Turkey Sausage, Veggies, And Cheese Whole Grain Toast Fruit



### LUNCH



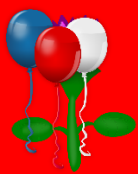
Roast Beef Sandwich on Whole Grain Bread Side Salad w/ Italian Dressing	Steak And Vegetable Stir-Fry Brown Rice	Baked Salmon Lemon and Dill Roasted Potatoes Vegetables	Chef's Choice Soup Deli Ham and Cheese Sandwich Lettuce, Tomato with Light Mayonnaise Multi Grain Chips	Turkey Burger With Lettuce, Tomato, Light Mayonnaise Sweet Potato Chips	Grilled Chicken Nuggets Sweet Potato Fries Light Ranch Dipping Sauce	Shrimp Fried Rice Vegetable's
--	--	--	--	--	--	----------------------------------



### SUPPER



Tortellini & Vegetable Pasta Whole Wheat Breadstick	Chef's Choice Soup Tuna Sandwich Lettuce, Tomato with Light Mayonnaise Cottage Cheese	Chicken Fajita Salad Avocado Ranch Dressing	Teriyaki Glazed Grilled Chicken and Vegetable	Spring Greens with Bacon, Eggs, and Cheese Wheat Breadstick Light Ranch Dressing	Chef's Choice Soup Deli Turkey and Cheese Sandwich Lettuce, Tomato with Light Mayonnaise Fruit	BLT with Fresh Fruit and Cottage Cheese
--	---	---	---	--	---	--



**MENU SUBJECT TO CHANGE**

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

