



LIGHTER SIDE SPECIAL'S

October 30th- November 5th

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 10/30	Monday 10/31	Tuesday 11/1	Wednesday 11/2	Thursday 11/3	Friday 11/4	Saturday 11/5
Scrambled Egg Beaters Turkey Sausage Whole Grain Toast Fruit	Blueberry Multigrain Pancakes Turkey Sausage Sugar Free Syrup Fruit	Cream of Wheat with Berries and Honey Yogurt Muffin	Avacado Spread on Whole Grain Toast w/Eggs Turkey Sausage Yogurt Fruit	Oatmeal with Walnut and Raisins Fresh Fruit Yogurt Muffin	Cold Cereal Milk Hard Boiled Egg Fresh Fruit Muffin	Egg White Omelet Veggies, And Cheese W/ Turkey Sausage, Whole Grain Toast Fruit

LUNCH

Greek Salad Cucumber Ranch Pita Chips	BBQ Chicken Baked Potato Vegetable	Chopped Wedge Salad Bacon Blue Cheese Onions Breadstick Ranch Dressing	Chefs 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	Baked Tilapia with Citrus Glaze Brown Rice Pilaf Vegetables	Grilled Chicken Nuggets Sweet Potato Fries Light Ranch Dipping Sauce
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SUPPER

Tuna Melt Sweet Potato Tot's Fruit	Chefs Choice Soup Petite Chef Salad Ranch Dressing Breadstick	Baked Fish Sandwich Lettuce, Tomato, Lemon Herb Sauce Baked Chips	Cheese Quesadilla Tomato and Iceberg Salad with Onions and Ranch Dressing	Vegetable Fried Rice Teriyaki Chicken Mandarin Oranges	Chefs Choice Soup Deli Turkey and Cheese Sandwich Lettuce, Tomato with Light Mayonnaise Sweet Potato Chips	Turkey Club & Spinach Flatbread Pizza
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MENU SUBJECT TO CHANGE

Kitchen Number: 763-270-3487