



LIGHTER SIDE SPECIAL'S

February 5th- February 11th

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 2/5	Monday 2/6	Tuesday 2/7	Wednesday 2/8	Thursday 2/9	Friday 2/10	Saturday 2/11
Egg White Scramble Turkey Sausage Wheat Toast Fresh Fruit	Fresh Muffins Hard Boiled Egg Bacon Yogurt Blueberries	Cream of Wheat with Berries and Honey Yogurt Muffin	Avacado Spread on Whole Grain Toast w/Eggs Turkey Sausage Yogurt Fruit	Oatmeal with Walnuts Fresh Fruit Yogurt Muffin	Cold Cereal Milk Hard Boiled Egg Fresh Fruit Muffin	Omelet with cheese & vegetables Turkey Sausage Whole Grain Toast Fruit

LUNCH

BBQ Grilled Chicken Breast Brown Rice Steamed Vegetables	Turkey Cobb Salad Breadstick Light Ranch Dressing	Honey-Soy Chicken Noodle and Vegetable Stir-Fry Crispy Wonton Strips Fruit Garnish	Chefs Choice Soup Deli Turkey and Cheese Sandwich Lettuce, Tomato with Light Mayonnaise Fruit	California Turkey Burger Sweet Potato Fries Fruit	Baked Lemon-Herb Salmon Sweet Potatoes Vegetable	Chicken Caesar Salad Breadstick Fruit
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SUPPER

Turkey Rueben Sweet Potato Chips Fruit Garnish	Chefs Choice Soup Italian Tomato and Mozzarella Melt Fruit	Chicken Burrito Bowl w/ Letttuce, Tomato Beans, Rice, Avacado & Cheese Sour Cream&Salsa	Baked Potato w/ Bacon, and Cheese Sour Cream Broccoli Fruit	Strawberry Spinach Salad Blue Cheese Candied Walnuts Strawberry Vinaigrette	Chefs Choice Soup Petite Oriental Salad Egg Roll	Tuna Salad in Whole Wheat Wrap With Lettuce and Tomato Cottage Cheese
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MENU SUBJECT TO CHANGE



Kitchen Number: 763-270-3487