



LIGHTER SIDE SPECIAL'S

February 12th- February 18th

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 2/12	Monday 2/13	Tuesday 2/14	Wednesday 2/15	Thursday 2/16	Friday 2/17	Saturday 2/18
Egg & Veggie 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

Vegetable Fried Brown Rice Teriyaki Chicken Mandarin Oranges	Turkey, Swiss, and Spinach Quiche Sweet Potatoes Fruit	Garlic Broiled Jumbo Shrimp Lemon & Cocktail Sauce Fingerling Potatoes Asparagus	Chefs Choice Soup Chicken Salad Croissant Fruit	Turkey Burger With Lettuce, Tomato, Light Mayonnaise Sweet Potato Chips	Lemon Pepper Baked Cod Sweet Potatoes Vegetable Lemon & Tartar	Grilled Chicken Nuggets Sweet Potato Fries Light Ranch Dipping Sauce
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SUPPER

Turkey Salad on Whole Grain Bread Mixed Green Salad with Chopped Egg's, Onions, and Tomatoes	Chefs Choice Soup Assorted Finger Sandwiches Sun Chips	Fish Sandwich Lettuce, Tomato, and Tartar Sauce Multigrain Chips	Grilled Steak and Avocado Salad with Blue Cheese, Tomatoes, and Onions	Grilled Chicken Sandwich Sweet Potato Fries Fruit	Chefs Choice Soup Deli Ham and Cheese Sandwich Lettuce, Tomato with Light Mayonnaise Multi Grain Chips	Strawberry Spinach Salad Blue Cheese Candied Walnuts Balsamic Vinaigrette
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MENU SUBJECT TO CHANGE



Kitchen Number: 763-270-3487