

# ★ January

## LIGHTER SIDE SPECIAL'S

January 2nd - January 8th

### 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 1/2	Monday 1/3	Tuesday 1/4	Wednesday 1/5	Thursday 1/6	Friday 1/7	Saturday 1/8
Egg White Scramble with Vegetables Whole Grain Toast Turkey Sausage Fruit	Oatmeal w/ Nuts and Raisins Bran Muffin Yogurt Fresh Fruit	Muffin Egg White Scramble with Vegetables and Turkey Sausage Fresh Fruit	Cream Of Wheat w/ Nuts and Raisins Turkey Sausage Cottage Cheese w/ Fresh Fruit	Egg Bake with Potatoes, Vegetables and Cheese Whole Grain Toast Fruit	Choice of Cereal Turkey Sausage Patty Whole Grain Toast Yogurt Fruit	Vegetable Omelet Turkey Sausage Whole Grain Toast Fresh Fruit



### L U N C H



Roast Beef Sandwich on Whole Grain Bread Side Salad w/ Balsamic Vinaigrette	Chicken Caesar Salad Wheat Bread Stick Fruit	Chicken Fried Rice Steamed Broccoli 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	Herb Baked Chicken Roasted Potatoes Vegetable
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### S U P P E R



Tuna Melt on Whole Grain Bread Side Salad w/ Light Ranch Dressing	Soup and Sandwich Chefs Choice Soup Egg Salad on Whole Grain Toast	Turkey And Cheese Sandwich on Whole Grain Bread, Lettuce, Tomato, and Light Mayonnaise Fruit	Baked Tilapia with Sesame Glaze Brown Rice Pilaf Vegetables	Strawberry Spinach Salad Blue Cheese Candied Walnuts Balsamic Vinaigrette	Soup and Sandwich Chefs Choice Soup Grilled Cheese on Whole Grain Bread	Mixed Greens Grilled Chicken Broccoli Cheddar Cheese Light Ranch Dressing
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MENU SUBJECT TO CHANGE

Kitchen Number: 763-270-3487

