

★ ★ ★ January

LIGHTER SIDE SPECIAL'S

January 16th - January 22nd

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 1/16	Monday 1/17	Tuesday 1/18	Wednesday 1/19	Thursday 1/20	Friday 1/21	Saturday 1/22
Vegetable Egg White Scramble Wheat Toast Fresh Fruit	Fresh Muffins Hard Boiled Egg Bacon Yogurt Blueberries	Egg White Sandwich Turkey Sausage English Muffin Cheese Fruit	Oatmeal with Walnuts Fresh Fruit Yogurt Muffin	Egg Sandwich Cheese Wheat Toast Sausage Fruit	Cold Cereal Milk Hard Boiled Egg Fresh Fruit Pastry	Omelet with cheese & vegetables



LUNCH



Strawberry Chicken Salad w/ Poppy Seed Dressing Breadstick Dessert	Grilled Cheese Sandwich with Tomatoes Side Salad with Chopped Eggs and Cheese Light Ranch Dressing	Orange Chicken White Rice Vegetables	Soup and Sandwich Chefs Choice Soup Egg Salad on Wheat Fruit	Apple, Walnut, Blue Cheese Spinach Salad Breadstick Balsamic Dressing	Sesame-Ginger Glazed Salmon Brown Rice Vegetables	Chef Salad Breadstick Light Ranch Dressing
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SUPPER



Shrimp and Vegetable Pasta Breadstick	Soup and Sandwich Chefs Choice Soup Turkey Salad on Wheat Fruit	Hot Ham and Swiss On Whole Wheat Bun Fruit Salad	Oriental Salad Breadstick Sesame-Ginger Dressing	California Turkey Burger Sweet Potato Fries Fruit	Soup and Sandwich Chefs Choice Soup Tuna Salad on Wheat Fruit	Pepper Beef Steak White Rice Vegetable
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MENU SUBJECT TO CHANGE

Kitchen Number: 763-270-3487

