



LIGHTER SIDE SPECIAL'S

July 3rd- July 9th

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 7/3	Monday 7/4	Tuesday 7/5	Wednesday 7/6	Thursday 7/7	Friday 7/8	Saturday 7/9
Cold Cereal Milk Hard Boiled Egg Fresh Fruit Muffin	Whole Grain Waffle Low Sodium Sausage Sugar Free Syrup Fruit	Cream of Wheat with Berries and Honey Fresh Fruit Yogurt Muffin	Multigrain Pancakes Turkey Sausage Sugar Free Syrup Fresh Berries	Oatmeal with Walnut and Raisins Fresh Fruit Yogurt Muffin	Whole Wheat French Toast Topped with Fruit Lower Sodium Sausage	Egg White Omelet W/ Turkey Sausage, Veggies, And Cheese Whole Grain Toast Fruit



LUNCH

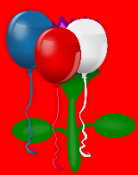


Garlic, Lemon and Olive Oil Baked Cod Rice Pilaf Vegetable	Chicken Burrito Bowl Creamy Avocado Sauce	Soy and Honey Noodles with Chicken and Vegetable Stir-Fry	Chef's Choice Soup With Egg Salad on Wheat Fruit	Turkey Patty Melt On Wheat Sweet Potato Fries	Shrimp and Vegetable Stir-Fry with Quinoa Pilaf	Strawberry and Spinach salad Blue Cheese, Chicken and walnuts Raspberry Vinaigrette
---	---	---	---	---	---	---



SUPPER

Chicken Salad with Walnuts and Grapes On Wheat Bread Sweet Potato Chips Orange Wedge	Chef's Choice Soup Deli Turkey and Cheddar On Wheat Fruit	Grilled Shrimp and Avocado Salad with Blue Cheese, Tomatoes, and Onions	Tuna Melt on Wheat Fruit Salad	BBQ Chicken Baked Potato Vegetable	Chef's Choice Soup Grilled Cheese Fruit	Chicken Fajita Bowl With Bean, Rice and Veggies
--	---	---	--------------------------------------	--	---	---



MENU SUBJECT TO CHANGE

Kitchen Number: 763-270-3487

