



LIGHTER SIDE SPECIAL'S

August 21st - August 27th

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 8/21	Monday 8/22	Tuesday 8/23	Wednesday 8/24	Thursday 8/25	Friday 8/26	Saturday 8/27
Cold Cereal Milk Hard Boiled Egg Fresh Fruit Muffin	Avocado Toast with Egg's Fresh Fruit	Cream of Wheat with Berries and Honey Yogurt Muffin	Multi-Grain Pancakes Turkey Sausage Fruit	Oatmeal with Walnut and Raisins Fresh Fruit Yogurt Muffin	Scrambled Egg Beater Low Sodium Sausage Whole Grain Toast Fruit	Egg White Omelet W/ Turkey Sausage, Veggies, And Cheese Whole Grain Toast Fruit

L U N C H

Egg Salad Croissant Sweet Potato Chip Fruit	Mixed Green Salad with Blue Cheese, Walnuts, Tomatoes, Egg's and Onions Light Ranch Dressing Breadstick	Chicken Stir-fry with Honey-Soy Noodles Fruit	Chef's Choice Soup Tuna Melt Fruit	Turkey Burger Lettuce, Tomato, and Light Mayonnaise Whole Wheat Bun Fruit	Sesame Ginger Glazed Salmon Fried Brown Rice Vegetables	Hawaiian Grilled Chicken Breast Roasted Sweet Potatoes Vegetable
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S U P P E R

Turkey Sloppy Joes Wheat Bun Side Salad	Chef's Choice Soup Low Sodium Ham on Wheat Bread with Light Mayonnaise, Lettuce and Tomatoes Fruit	Mexican Shredded Pork Taco's Apple, and Pineapple Salsa Seasoned Brown Rice	Spinach Salad Berries, Oranges, Almonds, Grilled Chicken and Breadstick Poppy-seed Dressing	Chicken Bratwurst Wheat Bun Onion and Tomato Relish Sweet Potato Chips	Chef's Choice Soup Assorted Finger Sandwiches Fruit	Steak and Blue Cheese Salad with Onions, Tomatoes, and Hard Boiled Eggs, Light Ranch Dressing Breadstick
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MENU SUBJECT TO CHANGE

Kitchen Number: 763-270-3487

