



LIGHTER SIDE SPECIAL'S

April 16th- April 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 4/16	Monday 4/17	Tuesday 4/18	Wednesday 4/19	Thursday 4/20	Friday 4/21	Saturday 4/22
Egg Scramble with Vegetables Whole Grain Toast Turkey Sausage Fruit	Muffin Cream of Wheat Hard Boiled Egg Fresh Fruit	Avocado Spread on Whole Grain Toast w/Eggs Turkey Sausage Yogurt Fruit	Oatmeal with Walnuts Fresh Fruit Yogurt Muffin	Muffin Egg Scramble Turkey Sausage Fresh Fruit	Cold Cereal Milk Hard Boiled Egg Fresh Fruit Muffin	Veggie and Cheese Egg Omelet W/ Turkey Sausage, Whole Grain Toast Fruit

LUNCH

Sweet And Sour Vegetarian Meatballs Pineapple, Peppers Steamed Brown Rice Cheese Wonton	Apricot Glazed Salmon Sweet Potatoes Vegetable	Grilled Steak Noodle and Vegetable Stir-Fry Fruit	Chicken Noodle Soup Smoked Turkey on Whole Grain Bread, Light Mayo, Lettuce, & Tomato Fruit	Grilled Chicken Burger Swiss Cheese and Mushrooms Multigrain Chips	Pecan Crusted Tilapia Sweet Potatoes Fries Vegetable Tartar and Lemon	Sliced Smoked Chicken Kielbasa and Vegetable Skillet Brown Rice
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SUPPER

Steak and Blue Cheese Salad Onions Tomatoes Mixed Greens Light Ranch Breadstick	Tomato Basil Roast Beef and Provolone on Whole Grain Bread, Light Mayo, Lettuce, and Tomato Fruit	Chicken Sandwich On Wheat Bun Lettuce, Mayonnaise, and Tomato Sun Chips Fruit	Herb Baked Cod Loin Quinoa Rice Blend Vegetable	Santa-Fe Steak Salad w/ Avocado, Onions, Tomatoes, Black Beans, Corn Cheese Light Ranch Breadstick	Vegetable Soup Chicken Salad Croissant Fruit	Whole Wheat Penne Ground Turkey Meatsauce Wheat Breadstick
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MENU SUBJECT TO CHANGE

Kitchen Number: 763-270-3487

