



Menu

Breakfast

Morning Specialties

- ⇒ Day 1: - Scrambled Eggs with Spinach - Whole Wheat Toast - Fresh Fruit Salad - Oatmeal with Honey
- ⇒ Day 2: - Pancakes with Maple Syrup - Turkey Bacon - Yogurt Parfait with Granola - Orange Juice Day 3: - Vegetable Omelette - Toast with Avocado - Sliced Melon - Herbal Tea
- ⇒ Day 4: - French Toast with Berries - Sausage Links - Cottage Cheese - Coffee or Decaf
- ⇒ Day 5: - Breakfast Burrito (Egg, Cheese, and Veggies) - Salsa on the Side - Fresh Grapes - Milk Day 6: - Creamy Grits - Poached Eggs - Sliced Tomatoes - Apple Juice
- ⇒ Day 7: - Smoothie Bowl (Banana, Spinach, Yogurt) - Almonds on Top - Whole Wheat Muffin - Green Tea



Menu

Lunch menu

Lunch Specialties

- ⇒ **Day 1: - Grilled Chicken Salad (Mixed Greens, Cherry Tomatoes, Cucumber) - Whole Grain Roll - Fruit Cup**
- ⇒ **Day 2: - Turkey and Cheese Sandwich on Whole Wheat - Vegetable Soup - Potato Chips**
- ⇒ **Day 3: - Baked Salmon - Quinoa Pilaf - Steamed Broccoli - Mixed Green Salad**
- ⇒ **Day 4: - Vegetable Stir-Fry with Tofu - Brown Rice - Fortune Cookie**
- ⇒ **Day 5: - Beef Tacos with Lettuce, Cheese, and Salsa - Rice and Beans - Pineapple Slices**
- ⇒ **Day 6: - Spinach and Feta Stuffed Chicken Breast - Mashed Potatoes - Green Beans**
- ⇒ **Day 7: - Pasta Primavera - Garlic Bread - Caesar Salad**





Menu

Dinner menu

Dinner Specialties

- ⇒ **Day 1: - Roast Pork Loin - Sweet Potato Mash - Steamed Carrots**
- ⇒ **Day 2: - Chicken Alfredo Pasta - Side Salad - Garlic Breadsticks**
- ⇒ **Day 3: - Beef Stroganoff - Egg Noodles - Roasted Brussels Sprouts**
- ⇒ **Day 4: - Baked Cod with Lemon Butter - Couscous - Asparagus**
- ⇒ **Day 5: - Vegetarian Chili - Cornbread - Sliced Avocado**
- ⇒ **Day 6: - Herb-Crusted Chicken Thighs - Wild Rice - Mixed Vegetables**
- ⇒ **Day 7: - Stuffed Bell Peppers (Ground Turkey, Rice, Veggies) - Side of Coleslaw - Chocolate**

Pudding for Dessert

