

Breakfast

Breads

Toast:

White • Whole Wheat • Multigrain
English Muffin • Bagel
Fresh Muffin • Danish

Cereal

Oatmeal • Cream of Wheat
Cold Cereals

Entrées

Eggs Cooked to Order
French Toast • Pancakes
Biscuits and Gravy

Sides

Bacon • Sausage • Hash Browns

Fruit and Dairy

Fresh fruit cup
Banana • Orange
Fruited Yogurt Parfait
Yogurt



Beverages

Assorted Juices • Milk
Coffee (Regular or Decaf)
Tea (Regular or Decaf)
Green Tea
Hot Cocoa
(Regular or Sugar-Free)

Lunch and Dinner



Entrées

Entrée of the Day
Baked Whitefish
Meatloaf
Penne Pomodoro
with Chicken
Vegetable Stir Fry

Salads

Chef Salad
Garden Salad
Salad of the Day

Sides

Carrots • Peas
Corn • Green Beans
Mashed Potatoes & Gravy
(Brown or Pantry)
Roasted Potatoes
White or Brown Rice
Potato Chips
Dinner Roll
Crackers

Soups

Soup of the Day
Tomato
Chicken Noodle
Consommé



From the Grill

Hamburger
Cheeseburger
Grilled Chicken Sandwich
Veggie Burger
Grilled Cheese
Chicken Strips

Custom Sandwiches

Sandwich of the Day
Roast Beef
Turkey
Ham



Cheeses

American
Cheddar
Mozzarella

Spreads

Mayo
Mustard
Dijon

Toppings

Lettuce
Tomato
Onion

Peanut Butter & Jelly
Peanut Butter & Low-Carb Jelly

Dessert

Pudding • Jello
Ice Cream
(Chocolate, Strawberry, or Vanilla)
Chocolate Chip or Oatmeal Cookie
Peaches • Pears • Applesauce
Fresh Fruit Cup