

LOWER 1/14-20	BREAKFAST	LUNCH	DINNER
MON	Fresh fruit, juice, yogurt Hot & cold cereal French toast, syrup, butter Hard boiled eggs	Salad Bar Moroccan veggie soup Grilled cheese: plain cheese; ham & cheese; or balsamic onion, smoked mozzarella & arugula Quinoa pilaf Peaches	Salad Bar Spaghetti: marinara, or sausage & mushroom sauce Sautéed veggies Focaccia Fruit
TUE	Fresh fruit, juice, yogurt Hot & cold asst. cereals Asst. bagels & toast Scrambled eggs Hash browns	Salad Bar Split pea soup Sliced cold cuts & cheese Relish tray	Salad Bar Turkey meatloaf & gravy Mashed potatoes Fresh veggies Rolls & butter Fruit
WED	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Waffles, syrup Sausage & veggie sausage Hard boiled eggs	Salad Bar Chicken cilantro lime soup Quesadillas & taquitos Rice, beans Salsa, guacamole & sour cream Tangerines	Salad Indian spiced chicken Indian spiced tofu Cauliflower Flat bread Rice
THUR	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Scrambled eggs Home-fried potatoes	Salad Bar White bean soup Pizza: chef's choice Sautéed mixed veggies Cookies	Salad Bar Tomato soup Beef in red wine Boiled potatoes Butter & parsley Rice Fresh veggies Baguettes Fruit
FRI	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Pancakes, syrup Bacon & veggie sausage Hard boiled eggs	Salad Bar Soup du jour Barbecue hamburgers: beef, turkey, or veggie Vegetarian chili beans Chips	Salad Bar Baked fish Baked potatoes Fresh veggies Rolls & butter
SAT	Fresh fruits, juice, yogurt Hot and cold cereals Scrambled eggs Home-fried potatoes	Salad bar Cold cuts & fruit	Salad Bar Enchiladas: ground beef or plain cheese Rice and beans Flour & corn tortillas Salsa, sour cream Fruit salad
SUN	Fresh fruits, juice, yogurt Hot and cold cereals Asst. bread, jam, butter Fried eggs Hash browns	Salad Bar BRUNCH Cinnamon rolls Grilled ham Hot chocolate	Salad Bar Chicken in white wine sauce Egg noodles & brown rice Fresh veggies Rolls Cookies