

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			BREAKFAST Eggs Any Style, Grits, Toast, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Clam Chowder Soup Blackened Salmon Sliders Asian Slaw, Sliced Fruit Dessert- Apple-Peach Crisp DINNER Green beans & Tomato Soup Egg Salad Deli Plate Sliced Fruit/ Fresh Bread Canada Day	BREAKFAST Biscuits with Gravy, Home-Style Potatoes with Onions and Peppers, Fruit LUNCH Vegetable Cream Soup Greek Chicken Caesar Salad Fresh Bread/Chefs Choice Dessert DINNER Minestrone Spaghetti & Meat Sauce Green Beans with Peppers Garlic Bread Lemon Dipped Shortbread Cookies	BREAKFAST Cream of Wheat, Hash Browns, Eggs Any Style, Meat, and Fruit LUNCH Chicken Noodle Soup Sausage Frittata- Side Salad Fresh Bread/Chefs Choice Dessert DINNER Fresh Sweet Corn Soup Turkey Tacos Rice & Beans Salad & Salsa Tart/fresh fruit	BREAKFAST Eggs Benedict, Hot & Cold Cereal, Fresh Fruit, Prunes INDEPENDENCE DAY LUNCH! 4th of July Barbecue DINNER Lentil Turkey Deli Swiss Sandwiches Chips Sliced Fruit pudding Independence Day (US)
BREAKFAST Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Squash Noodle Soup Garlic Mustard Sliced Chicken Breast Rice Pilaf Steamed Vegetables Dessert- Custard & Berries DINNER Creamy Carrot Soup Salisbury Steak with Mushroom Gravy Polenta with Spiral Vegetables Dessert - Double Chocolate Muffins	BREAKFAST Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Garden Chicken Soup Butternut Parmesan Sauce Fettuccine Green Salad Garlic Bread Knots Dessert- Apple-Peach Bar DINNER Vegetable Rice Soup Roast Turkey Breast & Gravy Potato Puree/Green Beans Dessert- Straw-Cranberry Cobbler	BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Spinach, Lentil Potato Soup Grilled Vegetable Pizza Side Salad Dessert- Ice Cream Sundae DINNER Tomato, Zucchini Italian Soup Corned Beef Reuben Sandwich Roasted Potato Salad Dessert-Sliced Fruit	BREAKFAST Eggs Any Style, Toast, Hash Browns, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Barley Squash Soup Mongolian Beef Fried Rice Green Salad with Mandarin Oranges Dessert- Dutch Apple Cookie DINNER Country Root Vegetable Soup Balsamic Tomato Chicken Sweet Potato Puree & Basil Summer Squash Dessert - Dried Fruit Cake	BREAKFAST Breakfast Muffins, Hash Browns with Onions and Peppers, Fruit LUNCH Broccoli Cheese Soup Cobb Salad Flat Bread Dessert-Jello Fruit DINNER Smoky Black Bean Soup Spaghetti & Meat Sauce Zucchini with Pearl Onions Garlic Bread Chocolate dipped Cheesecake Bites	BREAKFAST Cream of Wheat, Hash Browns, Eggs Any Style, Meat, and Fruit LUNCH Fresh Vegetable Soup Fish Grilled (Salmon) Cauliflower Puree Herb Salad Dessert- Frosted Carrot Cake Muffins DINNER Tomato Soup Gourmet Grilled Cheese Parley, Garlic French Fries Steamed Broccoli / Dessert Jello with Fruit	BREAKFAST Eggs Benedict, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Vegetable Noodle Turkey Lasagna Garlic Bread Fresh Fruit DINNER Napa Cabbage Soup Chicken/Vegetable Fried Rice Egg Rolls Side Salad Almond Cookie
BREAKFAST Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Southwestern Soup Beef Tips with Marsala Gravy Her-bed Parsley Butter Noodles Summer Vegetable Stir Fry Dessert- Pudding Parfait DINNER Root Vegetable Soup Lemon Pepper Chicken Rice & Vegetables Salad, Dessert Apple Pie	BREAKFAST Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Napa Cabbage Soup Honey Garlic Pork Roast Parsnips/Carrots Fried Rice-Dessert Chefs Special DINNER Chinese Noodle Soup Egg Salad/Tuna Salad Plate Fresh Fruit/Dinner Roll Dessert- Ice Cream	BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Tomato & White Bean Whole Turkey Sliced Roasted Potatoes Mustard Greens Oatmeal Cake Muffins DINNER Chicken Soup Vegetarian Pasta Florentine Green Salad Garlic Bread/ Dessert Sliced Fruit	BREAKFAST Eggs Any Style, Toast, Hash Browns, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Roasted Vegetable Soup Grilled Cuban Chicken Black Beans/Rice Avocado Salad Dessert- Apple Walnut Bar DINNER Three Bean Soup Beef Fajitas Rice/Lentils Side Salad, Dessert Pudding Parfait	BREAKFAST Biscuits with Gravy, Home-Style Potatoes with Onions and Peppers, Fruit LUNCH Spinach, Lentil, Potato Soup Chinese Chicken Salad Fresh Bread Dessert-Fresh Fruit DINNER Minestrone Spaghetti & Meat Balls Carrots W. Peppers & Onions Side Salad & Garlic Bread Vanilla Ice Cream Brownie	BREAKFAST Cream of Wheat, Hash Browns, Eggs Any Style, Meat, and Fruit LUNCH Vegetable Rice Soup Gourmet Cheeseburgers Garlic, Parsley Fries, Lettuce, Tomato, Pickles Dessert-Oatmeal Cranberry Walnut Cookie DINNER Fresh Onion, Garlic, Mushroom Soup Fish of the Day W.Lemon Dill Sauce Vegetables & Pasta Chocolate Pudding Parfait	BREAKFAST Eggs Benedict, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Curry Lentil Soup Apple Glazed Meatballs Brown Rice Pilaf Green Beans Sliced Tomatoes- Dessert-Vanilla Cake Frosted DINNER Tomato Vegetable Soup Grilled Cheese Mixed Vegetables, Fruit Salad
BREAKFAST Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Vegetable Soup Beef Lula Turmeric Rice/Lentils& Carrots Pita and Feta Cheese Salad Honey Cake DINNER Chefs Special Soup Sliced Chicken Breast Mashed Potatoes & Garlic Gravy Squash & Peppers Dessert- Fruit & Cream	BREAKFAST Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Tomato Zucchini Soup Stuffed Cabbage Sliced Vegetables Dinner Rolls Dessert- Chocolate Cookie Bar DINNER Creamy Vegetable Soup Vegetable Quiche w. Hollandaise sauce Green Salad English Muffin Dessert-Apple Crisp	BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Eggs any Style, Fresh Fruit, Prunes LUNCH Italian Sausage Soup Calzone Steamed Broccoli- Side Salad Dessert- Cannoli's DINNER Vegetable Beef Soup Baked Macaroni & Cheese Steamed Vegetables Garlic Bread Dessert- Sheet Cake Frosted	BREAKFAST Eggs Any Style, Toast, Hash Browns, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Hearty Vegetable Soup Pot Roast & Gravy Red Garlic Potatoes Spinach Dessert- Sliced Fruit DINNER Tomato Basil Soup Pineapple Chicken w.Fresh Bread Lettuce & Pepper Salad Dessert- Jello-with Fruit	BREAKFAST Coffee Cake Muffin, Home-Style Potatoes with Peppers, Eggs Scrambled,Fruit LUNCH Split Pea Vegetable Soup Lemon Chicken Salad Fresh Bread/ Dessert Fruit Sliced DINNER White Bean Vegetable Spaghetti & Meat Sauce Green Beans with Peppers Garlic Bread Dutch Apple Cake	BREAKFAST Cream of Wheat, Hash Browns, Eggs Any Style, Meat, and Fruit LUNCH Clam Chowder Lemon Stuffed Fish Broccoli & Rice Dessert Chefs Choice DINNER Cabbage Vegetable Soup Turkey Tacos Rice/Beans Coleslaw Vanilla Pudding W Berries	BREAKFAST Eggs Benedict, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Root Vegetable Soup Gourmet Turkey & Cheese Sandwiches Chips, Sliced Tomatoes Dessert-Fruit Sliced DINNER Black Bean Lentil, Sweet Potato Soup Chicken Pot Pie Mash Potato's w/Gravy Chopped Salad Dessert- Fresh Cookies
BREAKFAST Bagel, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Sausage Soup Eggplant Parmesan Parsley Egg Noodles Zucchini with onions Dessert- Chefs Choice DINNER Vegetable Beef Pepper Steak Rice/Sliced Vegetables Dessert- Jello with Cream	BREAKFAST Pancakes, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Matzo Ball Soup Roasted Chicken Red Potatoes Green Peas Sliced Vegetables Dessert- Custard DINNER Vegetables Pozole Chicken Enchilada's Re fried Beans, Salad Dessert- Sheet Cake	BREAKFAST French Toast, Eggs Any Style, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH French Onion Soup Corn Beef Deli Plate Kraut Salad Dessert- Chefs Choice DINNER Vegetable Barley Soup Puff Pastry Pizza Green Salad Dessert- Granola & Fruit Parfait	BREAKFAST Eggs Any Style, Toast, Hash Browns, Hot & Cold Cereal, Fresh Fruit, Prunes LUNCH Spinach & Lentil & Potato Soup Potato Pancakes Applesauce,sour cream, sliced Cucumber/Dill salad Dessert- Coffee Cake DINNER Vegetable Noodle Soup Balsamic Steak Salad Fresh Bread Dessert- Chefs Choice	BREAKFAST Biscuits with Gravy, Home-Style Potatoes with Onions and Peppers, Fruit LUNCH Lentil Chili Chicken Fajita Salad Rice with Vegetables Tortillas, Chefs Dessert DINNER Minestrone Baked Ziti Green Beans with Peppers Garlic Bread Fresh Fruit & Cream	BREAKFAST Cream of Wheat, Hash Browns, Eggs Any Style, Meat, and Fruit LUNCH Tomato White Bean Beef Empanadas Green Salad with salsa Dessert- Chefs Pie DINNER Lentil Soup Fish of the Day (Baked) Grilled Vegetables Pasta with Herb Sauce Vanilla Pudding	

Dining Hours | Breakfast from 8:00am to 9:30am | Lunch from 12:00pm to 1:30pm | Dinner from 5:00pm to 6:30pm
Menu Subject to Change

We prepare our menu with no added salts or sugars.
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