

Weekly Menu

Date:2/28-3/6

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Scrambled eggs w/ or w/out cheese Choice of meat	Bacon Cheese Quiche	Apple blintz w/ Choice of eggs	Omelet Denver, Veg, Cheese w/choice of meat	Waffle w/ choice of meat	Biscuits and Gravy w/ choice of meat	Corned Beef Hash w/ Toast and Hash Browns
Hot Cereal	Oatmeal	Oatmeal Cream of Wheat	Oatmeal	Oatmeal Cream of Wheat	Oatmeal	Oatmeal Cream of Wheat	Oatmeal
Main Choices	Marinated Flank Steak Herb Roasted Chicken Baked Potato Corn	Cheese Ravioli w/Roasted Red Pepper Mushroom Sauce Avocado Chicken Roasted Yams Brussel Sprouts	Meatloaf Mustard Crusted Pork Loin Mashed Potatoes Carrots	Seared Salmon w/ Bearnaise Sauce Beef tips in gravy Rice Peas	Bruschetta Chicken Hot Roast Beef Sandwich Baked Yam Winter Vegetables	Spaghetti w/Vegetable Marinara Jerusalem Chicken w/ Pasta Roasted Cauliflower	Tempura Shrimp Kahlua Pork Wild Rice Squash Medley
Salad/Soup	House Salad Soup	Pasta Salad Soup	Spinach Berry Salad Soup	Potato Salad Soup	Broccoli Salad Soup	Quinoa Salad Soup	Ambrosia Salad Soup
Desert	Brownie	Confetti Cake	Chocolate Chip Cookie w/ Ice Cream	Blueberry Cheesecake	Apple Pie	Chocolate Mousse Cake	Pineapple Upside-down Cake
Options if you don't want the main choices	Chef Salad French Dip	Turkey Salad Egg Salad Sand	Grilled Chicken Salad BLT	Cobb Salad Turkey Sandwich	Oriental Salad Hamm & Swiss	Steak Salad Tuna Melt	Pork Salad Grilled Cheese
Low Sugar Option	Brownie	Confetti Cake	Peach Sorbet	Fresh Berry Tart	Apple Pie	Chocolate Cake	Pineapple Cake