

Weekly Cycle Menu Planner

	Breakfast	Lunch	Dinner
Sunday	<p>Beverages: hot tea, coffee, hot cocoa, milk, orange, cranberry, grape, apple juices</p> <p>Coffee add ins: cream, half and half, sugar in the raw</p> <p>entrée: Buttermilk Pancakes and Sausage with Boysenberry Syrup</p> <p>Malt-O-Meal; toppings: milk, dried fruit, butter, nuts, brown sugar</p> <p>Eggs any style i.e. sunny side up, over-easy, medium, hard, scrambled (offered daily)</p> <p>Toast, English muffin, dry cereal (offered daily)</p> <p>Fruit: Fresh Whole Seedless Grapes</p>	<p>soup: White Chicken Chili</p> <p>salads: Mixed Leafy Greens w/ Carrots, Tomatoes, Feta & Raspberry Vinegarette or cucumber & tomatoes w/ balsamic vinegar</p> <p>entrée: Macaroni & Cheese*</p> <p>entrée: Egg Salad Sandwiches</p> <p>dessert: Crème brulee or Carrot Cake or Ice Cream (served daily)</p>	<p>soup: French Onion</p> <p>salads: Chicken Salad with Red Seedless Grapes and Walnuts or cabbage</p> <p>entrée: Pork Empanadas*</p> <p>entrée: Stuffed Bell Peppers with Ground Beef and Dinner Roll</p> <p>sides: creamy corn kernals</p> <p>dessert: Cake pop or Fruit cake or Ice Cream (served daily)</p>
Monday	<p>Beverages: hot tea, coffee, hot cocoa, milk, orange, cranberry, grape, apple juices</p> <p>Coffee add ins: cream, half and half, sugar in the raw</p> <p>entrée: create your own omelet; toppings: ham, cheese, onion, tomato, bellpepper, bacon</p> <p>Cream of Wheat; toppings: milk, dried fruit, butter, nuts, brown sugar</p> <p>Eggs any style i.e. sunny side up, over-easy, medium, hard, scrambled (offered daily)</p> <p>Toast, English muffin, dry cereal (offered daily)</p> <p>Fruit: Pineapple chunks</p>	<p>soup: Beef Stew</p> <p>salads: Seasonal Fresh Fruit Salad or quinoa w/ roasted carrots & sweet potatoes</p> <p>entrée: Meatloaf* and Garlic Sourdough Twists</p> <p>entrée: Ben's bean, cheese and rice burritos</p> <p>sides: Eggplant gratin</p> <p>dessert: Lemon Meringue Pie or Blueberry Banana Smoothie or Ice Cream (served daily)</p>	<p>soup: Creamed Carrot</p> <p>salads: Caesar or garbanzo bean</p> <p>entrée: Catalan Steak Sandwich*</p> <p>entrée: Turkey & Gravy with Potato Mashers</p> <p>sides: Sauteed onion rings and broccoli</p> <p>dessert: Peach Cobbler or Whipped Cream Parfait or Ice Cream (served daily)</p>
Tuesday	<p>Beverages: hot tea, coffee, hot cocoa, milk, orange, cranberry, grape, apple juices</p> <p>Coffee add ins: cream, half and half, sugar in the raw</p> <p>entrée: Homemade airy waffles; toppings: syrup, peanut butter, butter</p> <p>Steel Cut Oatmeal; toppings: milk, dried fruit, butter, nuts, brown sugar</p> <p>Eggs any style i.e. sunny side up, over-easy, medium, hard, scrambled (offered daily)</p> <p>Toast, English muffin, dry cereal (offered daily)</p> <p>Fruit: Apple slices</p>	<p>soup: New England Clam Chowder</p> <p>salads: Three Bean or carrot raisin salad</p> <p>entrée: Kebobs* and Hawaiian Rolls</p> <p>entrée: Creamy shrimp fettucini alfredo w/ broccoli</p> <p>sides: Baked kale chips, pickle, carrot sticks</p> <p>dessert: Oatmeal Chocolate Chip Cookie or Coffee Cake or Ice Cream (served daily)</p>	<p>soup: Black bean with rice</p> <p>salads: Lemon orzo or marinated garden</p> <p>entrée: Prime Rib*</p> <p>entrée: BBQ Chicken</p> <p>sides: brown rice, sauteed onions, zucchini & squash</p> <p>dessert: Cheesecake or Chocolate Dipped Cream Puffs or Ice Cream (served daily)</p>
Wednesday	<p>Beverages: hot tea, coffee, hot cocoa, milk, orange, cranberry, grape, apple juices</p> <p>Coffee add ins: cream, half and half, sugar in the raw</p> <p>entrée: Ham and cheese frittata</p> <p>Grits toppings: milk, dried fruit, butter, nuts, brown sugar</p> <p>Eggs any style i.e. sunny side up, over-easy, medium, hard, scrambled (offered daily)</p> <p>Toast, English muffin, dry cereal (offered daily)</p> <p>Fruit: Orange sections</p>	<p>soup: Tomato Basil</p> <p>salads: Broccoli or marinated mushrooms</p> <p>entrée: Deli Wrap*</p> <p>entrée: Sizzlin' steak fajitas w/ onions & bellpeppers</p> <p>sides: Mushroom risotto, Cheese Sticks</p> <p>dessert: Fruit Pizza or Chocolate Brownie or Ice Cream (served daily)</p>	<p>soup: Potato Leek</p> <p>salads: Lettuce wedge w/ blue cheese crumbles, bacon bits & ranch or frozen berries</p> <p>entrée: Cold Baked Ham Sandwiches* w/ lettuce & mustard, string cheese</p> <p>entrée: Hearty vegetable pot pie</p> <p>dessert: Black bean Brownie or Custard or Ice Cream (served daily)</p>
Thursday	<p>Beverages: hot tea, coffee, hot cocoa, milk, orange, cranberry, grape, apple juices</p> <p>Coffee add ins: cream, half and half, sugar in the raw</p> <p>entrée: Biscuits & sausage gravy w/ bacon</p> <p>Breakfast quinoa; toppings: milk, dried fruit, butter, nuts, brown sugar</p> <p>Eggs any style i.e. sunny side up, over-easy, medium, hard, scrambled (offered daily)</p> <p>Toast, English muffin, dry cereal (offered daily)</p> <p>Fruit: Fresh whole banana</p>	<p>soup: Cheesy Potato</p> <p>salads: Macaroni or spinach avocado</p> <p>entrée: Butternut Squash Bacon & Kale Three Cheese Pasta (may omit bacon)*</p> <p>entrée: Chef's salad</p> <p>sides: Celery and peanut butter</p> <p>dessert: Fruit Cake or Lemon Bar or Ice Cream (served daily)</p>	<p>soup: Cream of Mushroom</p> <p>salads: Tossed Kale and Spinach w/ Blue Cheese Dressing or citrus couscous</p> <p>entrée: Chicken Salad* w/ Wheat Thins</p> <p>entrée: Peachy Pepper Pork Chops and Wild Rice</p> <p>sides: Cheesy Cauliflower, French Baguette</p> <p>dessert: Dark Chocolate Raspberry Truffles or Pumpkin Pie or Ice Cream (served daily)</p>
Friday	<p>Beverages: hot tea, coffee, hot cocoa, milk, orange, cranberry, grape, apple juices</p> <p>Coffee add ins: cream, half and half, sugar in the raw</p> <p>entrée: Fancy fruit crepes; toppings: whipped cream, honey, chocolate syrup, cinnamon</p> <p>Wheatina; toppings: milk, dried fruit, butter, nuts, brown sugar</p> <p>Eggs any style i.e. sunny side up, over-easy, medium, hard, scrambled (offered daily)</p> <p>Toast, English muffin, dry cereal (offered daily)</p> <p>Fruit: Canned peaches in 100% juice</p>	<p>soup: Broccoli Cheese</p> <p>salads: Heirloom apple or tomatoes in balsamic vinegar & olive oil</p> <p>entrée: Lobster BLT's*</p> <p>entrée: Tammy's tuna Salad w/ romaine lettuce</p> <p>sides: Pickle, baked potato chips</p> <p>dessert: Orange Jello or Apple Pie or Ice Cream (served daily)</p>	<p>soup: Shrimp Bisque</p> <p>salads: Potato or roasted corn and black bean slaw</p> <p>entrée: Wild Salmon Crepes*</p> <p>entrée: Tony's taco salad casserole</p> <p>dessert: Fruit Parfait w/ Custard or Chocolatey Oat Bars or Ice Cream (served daily)</p>
Saturday	<p>Beverages: hot tea, coffee, hot cocoa, milk, orange, cranberry, grape, apple juices</p> <p>Coffee add ins: cream, half and half, sugar in the raw</p> <p>entrée: Corned beef Hash</p> <p>Rolled Oats; toppings: milk, dried fruit, butter, nuts, brown sugar</p> <p>Eggs any style i.e. sunny side up, over-easy, medium, hard, scrambled (offered daily)</p> <p>Toast, English muffin, dry cereal (offered daily)</p> <p>Fruit: Canned fruit cocktail with grapes, cherries, pears</p>	<p>soup: Mushroom Barley</p> <p>salads: Cathy's coleslaw or Italian pasta</p> <p>entrée: Classic Manhattan Sandwich*</p> <p>entrée: Chef's savory chicken and Dumplings</p> <p>sides: Buttered garlic green beans with almonds</p> <p>dessert: Chocolate Pudding or Flan or Ice Cream (served daily)</p>	<p>soup: Split Pea (without ham)</p> <p>salads: Caprese or sprouts</p> <p>entrée: Spaghetti with Meatballs*</p> <p>entrée: Baby back rack O' ribs</p> <p>Sides: garlic bread, sauteed asparagus & cauliflower</p> <p>dessert: Fresh Fruit Plate or Carmel Cheesecake or Ice Cream (served daily)</p>