



SAMPLE MENU

FRIDAY

Dinner

Chicken Cordon Bleu
Spaghetti with Marinara Sauce
Squash with Bell Peppers and Onions
Garlic Bread
Salad Bar
Lemon Bars

SATURDAY

Breakfast

French Toast
Scrambled Eggs
Fontanini Sausage
Country Potatoes
Granola
Yogurt
Whole and Sliced Fruit

Lunch

Teriyaki Chicken
Fried Rice
Egg Rolls
Steamed Broccoli
Brownies

Dinner

Flank Steak
Baked Potatoes
Green Beans
Honey Wheat Bread
Salad Bar
Variety Cheesecake

SUNDAY

Breakfast

Quiche

Blueberry Pancakes

Bacon

Tri-Taters

Granola

Yogurt

Whole and Sliced Fruit