

Breakfast

Sunday Regular

Please CIRCLE Your Selection

*Items marked with a * will be served if no selection is made*

Juice & Fruit

**Cranberry Juice* **Mandarin Orange Sections*
Orange Juice Banana
Apple Juice

Cereals

**Oatmeal* Cream of Wheat®
Cheerios® All Bran® Corn Flakes®
Rice Krispies® Raisin Bran®

Entrées & Sides

Scrambled Eggs
Low Cholesterol Scrambled Eggs

Pork Sausage Patty

**Blueberry Pancakes*

Breads

WW English Muffin English Muffin

Beverages

**Coffee* Decaf Coffee
Hot Tea Decaf Hot Tea
**2% Milk* Fat Free Milk
Soy Milk Lowfat Chocolate Milk

Condiments

**Salt* **Sugar* **Smart Balance*
**Black Pepper* Sugar Sub **Pancake Syrup*
Herb Seasoning **Non-Dairy Creamer* SF Pancake Syrup

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Lunch

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Entrées

**Crispy Baked Chicken*
Breast of chicken coated with seasoned crumbs, then baked until crispy

Beef Ragu with Rigatoni

Beef stew with Italian herbs and red wine served over pasta

Fruit and Cottage Cheese Plate

Fresh seasonal fruit served with a side of cottage cheese

Vegetables & Starch

**Chopped Spinach* **Mashed Potatoes*
Diced Carrots Steamed White Rice

Soups & Side Salads

Mixed Green Salad Italian Dressing
Tomato Soup Diet Italian Dressing
Chicken Noodle Soup Saltine Crackers
Unsalted Crackers

Breads

Wheat Dinner Roll White Dinner Roll

Desserts & Fruits

Chocolate Ice Cream Fresh Fruit in Season
Vanilla Pudding **Pineapple Tidbits*

Beverages

Coffee Decaf Coffee Spring Water
Hot Tea Decaf Hot Tea Diet Lemonade
2% Milk Fat Free Milk Lemonade
Ginger Ale **Unsweetened Iced Tea*

Condiments

**Salt* **Sugar* **Smart Balance*
**Black Pepper* Sugar Sub Non-Dairy Creamer
Herb Seasoning

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Dinner

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Entrées

**Farmer's Meatloaf with Gravy*
Ground beef and turkey loaf with onion and celery

Tilapia Veracruz

Pan seared tilapia dusted with cumin and baked with chunky salsa

Fruit and Cottage Cheese Plate

Fresh seasonal fruit served with a side of cottage cheese

Vegetables & Starch

**Green Beans* **Scalloped Potatoes*
Diced Carrots Rice Pilaf

Soups & Side Salads

**Mixed Green Salad* **Italian Dressing*
Tomato Soup Diet Italian Dressing
Chicken Noodle Soup Saltine Crackers
Unsalted Crackers

Breads

**Wheat Dinner Roll* White Dinner Roll

Desserts & Fruits

**Chocolate Brownie* Fresh Fruit in Season
Chocolate Pudding Diced Peaches

Beverages

Coffee **Decaf Coffee* Spring Water
Hot Tea Decaf Hot Tea Diet Lemonade
**2% Milk* Fat Free Milk Lemonade
Ginger Ale Unsweetened Iced Tea

Condiments

**Salt* **Sugar* **Smart Balance*
**Black Pepper* Sugar Sub **Non-Dairy Creamer*
Herb Seasoning

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