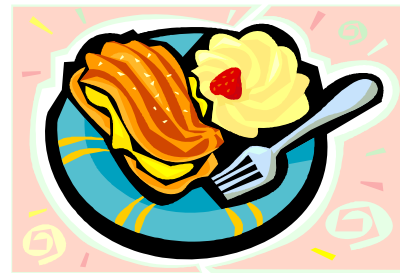


November 8-14, 2009

Sunday



CONTINENTAL 9AM-10:30AM

Monday

BREAKFAST 7:00am-10:30am

Scrambled Eggs
Omelet Bar (7am to 10am)
Eggs to Order
Ham
O'Brien Potatoes
Cinnamon-Raisin French Toast
Assorted Pastries

Healthy "U"

"U" Breakfast Casserole
"U" Whole Wheat Toast
"U" Fresh Fruit Cup

Daily from 10:30am-8pm

Deli
Augusto's: Pizza and Pasta
Grill: Hamburgers, Hot Dogs
Steak Sandwich

LUNCH 10:-31am-3:30pm

Margarita Chicken
Tilapia Scampi
Vegetable Paella
Roasted Red Potatoes
Roasted Asparagus

Daily Features: Seafood Mediterranean

Healthy "U"

"U" Hot and Sour Thai Beef Salad
"U" Spring Roll

DINNER 3:31pm-8:00pm

Citrus Grilled Chicken
Seafood Pasta Bake
Rice Pilaf
Veggie Stir Fry
Peas

Assorted Desserts

Daily Features: Turkey Burritos
w/ cheese, lettuce tomatoes, onions
Fresh Green Salsa

Healthy "U"

"U" chicken breast adobe style
"U" Heavenly Rice w/ Spinach
"U" steamed vegetable

Tuesday

BREAKFAST 7:00am-10:30am

Scrambled Eggs
Omelet Bar (7am to 10am)
Eggs to Order
Bacon
Jiffies
Hash Browns
Coco Wheat's
Hard Boiled Eggs
Assorted Pastries

Healthy "U"

"U" Blueberry Muffin Bread
"U" Fresh Fruit
"U" Garden Veggie Quiche

Daily from 10:30am-8pm

Deli
Augusto's: Pizza and Pasta
Grill: Hamburgers, Hot Dogs
Spicy Tenders

LUNCH 10:-31am-3:30pm

Sante Fe Turkey Club
Corn Dogs
Southwestern Veggie Wrap
Waffle Fries
Cucumber Salad

Daily Features: Chef's Choice

Healthy "U"

"U" Mediterranean Sand
"U" Italian 3 Bean and Rice Skillet

DINNER 3:31pm-8:00pm

Braised Beef w/ Bacon & Mushrms.
Sautéed Chicken Breast
Baked Ziti
Parsley Potatoes
Glazed Carrots

Assorted Desserts

Daily Features: Spanish Bean Stew
w/ Whole Wheat Batard
Golden Rice

Healthy "U"

"U" Blackened Baked Fish
"U" Brown Rice
"U" Steamed Vegetable

Wednesday

BREAKFAST 7:00am-10:30am

Scrambled Eggs
Omelet Bar (7am to 10am)
Eggs to Order
Sausage Patties
Home fries
Hash Browns
Biscuits & Gravy
Assorted Pastries

Healthy "U"

"U" Fruit Filled Pancakes
"U" Sugar Free Yogurt
"U" Fresh Fruit
"U" Sugar Free Yogurt

Daily from 10:30am-8pm

Deli
Augusto's: Pizza and Pasta
Grill: Hamburgers, Hot Dogs
Bottle Caps

LUNCH 10:-31am-3:30pm

Beef BBQ
Potato Crusted Cod
Vegetarian Rice Pilaf
Balsamic Carrots

Daily Features: Asian Chicken Salad

Healthy "U"

"U" Chix, Tortellini, and Rst Veg Salad
"U" Sun-dried Tomato Basil Vinaigrette
"U" Baked Spanish Rice and Barley

DINNER 3:31pm-8:00pm

Shrimp Stir Fry
Chicken Wontons
Veggie Egg Rolls
White Rice
Stir fry w/ black bean sauce

Assorted Desserts

Daily Features: Carribbean Meat Pie
Caribbean Salsa
Corn Puppy Bake

Healthy "U"

"U" Balsamic Turkey & Peppers
"U" Steamed Vegetables
"U" Roasted Dill Potatoes

Thursday

BREAKFAST 7:00am-10:30am

Scrambled Eggs
Omelet Bar (7am to 10am)
Eggs to Order
Bacon
Tater Tots
Chocolate Chip Pancakes
Assorted Pastries

Healthy "U"

"U" Italian Eggs
"U" Whole Wheat Toast
"U" Fresh Fruit
"U" Fresh Fruit

Daily from 10:30am-8pm

Deli
Augusto's: Pizza and Pasta
Grill: Hamburgers, Hot Dogs
Rotisserie Wings

LUNCH 10:-31am-3:30pm

Lemon Pepper Cod
Pasta Carbonara
Roasted Ratatouille
Saute Zucchini and Squash

Daily Features: Turkey Burgers

Healthy "U"

"U" Shrimp and Pineapple Rice
Salad

DINNER 3:31pm-8:00pm

Beer Battered Fish Fillet
Honey Mustard Chicken
Garden Rice w/ Edamame
French Fries
Fresh Garden Vegetables

Assorted Desserts

Daily Features: Spicy Beef Asian Noodles
w/ Asian Vegetables

Healthy "U"

"U" Chicken Pesto & Pasta
"U" Noodles
"U" Steamed Vegetable

Friday

BREAKFAST 7:00am-10:30am

Scrambled Eggs
Omelet Bar (7am to 10am)
Eggs to Order
Sausage Links
Hash Browns
Waffle Sticks
Assorted Pastries

Healthy "U"

"U" Oatmeal Bar

Daily from 10:30am-8pm

Deli
Augusto's: Pizza and Pasta
Grill: Hamburgers, Hot Dogs
Clam Strips

LUNCH 10:-31am-3:30pm

Orange Ginger Salmon
Balsamic Chicken
Vegetable Primavera
Wild Rice
Malibu Blend Veg.

Daily Features: Fish Taco

Healthy "U"

"U" Turkey Burgers/Lettuce, Tomato
"U" Unfried French Fries
"U" Garden Salad

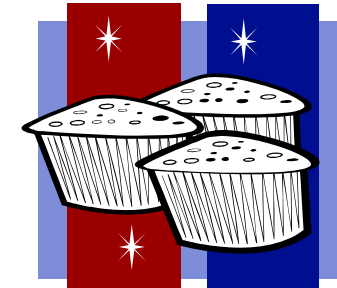
DINNER 3:31-7:00PM

Mushroom Chicken
Beef Stuffed Peppers
Tofu Stir Fry w/ Black Bean Sauce
White Rice
Peas

Assorted Desserts

Daily Features: A.1 Cajun Steak and Vegetables
"U" Steamed New Potatoes
"U" Steamed Vegetable

Saturday



CONTINENTAL 9AM-10:30AM

BRUNCH 10:01AM-3:30PM

Scrambled Eggs
Maple Sausage
Whole Grain French Toast
Jiffies
Oven Potatoes

Also Available 12:30-7:30

Hamburgers
Hot Dogs
Pizza
Pasta
Fries

Daily Features: Omelet Bar

10:00-2:00pm

DINNER 3:31pm-6:30pm

Chefs Choice
Veggie Pita
French Fries
Cole Slaw

Assorted Desserts



BRUNCH 10:30AM-3:30PM

Western Omelets
Sausage Gravy
Biscuits
Tater Tots
Sausage

Also Available 12:30-7:30

Hamburgers
Hot Dogs
Pizza
Pasta
Fries

Daily Features: Omelet Bar

10:00-2:00pm

DINNER 3:31pm-7:30pm

Breaded Drumsticks
Pasta Carbonara
Eggplant Parmesan
Baked Potatoes
Oven Roasted Fresh Veggies

Assorted Desserts

Daily Features: Salmon Salad Niciose
w / Black Olive Vinaigrette

Menus Are Subject To Change
Revised