

November 15-21, 2009

Sunday



CONTINENTAL 9AM-10:30AM

BRUNCH 10:30AM-3:30PM

Scrambled Eggs
Chip Beef Gravy
Biscuits
Tater Tots
Bacon

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

Southwest Beef 'N' Biscuit
Italian Sausage Baked Ziti
Red Beans and Rice
Saute Broccoli and cauliflower
Mashed Potatoes

Assorted Desserts

*Daily Features: Greek Cinnamon Chicken
Lemon Potatoes
Greek Salad*

Menus Are Subject To Change
Revised

Monday

BREAKFAST 7:00am-10:30am

Scrambled Eggs
Omelet Bar (7am to 10am)
Eggs to Order
Sausage Patties
Hash Brown Casserole
Pancakes
Assorted Pastries

Healthy "U"
"U" Blueberry pancakes
"U" Fresh Fruit
"U" Sugar Free Syrup

Daily from 10:30am-8pm
Deli

Augusto's: Pizza and Pasta
Grill: Hamburgers, Hot Dogs
Zucchini Sticks

LUNCH 10:-31am-3:30pm

Bourbon Roast Pork
Chicken Tenders
Red Beans and Rice
Sweet Corn

Daily Features: Shrimp Stir Fry

Healthy "U"

"U" Jamaican Curried Chicken
"U" Brown Rice
"U" Asparagus w/Roasted Red Peppers

DINNER 3:31pm-8:00pm

Chicken Rice Casserole
Orange Glazed Salmon
Alfredo Cheese Ravioli
Roasted Red Potatoes
Riviera Blend Veg

Assorted Desserts

*Daily Features: Grilled Polenta
w/ Vegetable Ragout*

Healthy "U"
"U" Stir Fry Beef and Vegetables
"U" Brown Rice
"U" Steamed Vegetables

Tuesday

BREAKFAST 7:00am-10:30am

Scrambled Eggs
Omelet Bar (7am to 10am)
Eggs to Order
Ham
Home Fries
Biscuits & Gravy
Assorted Pastries

Healthy "U"
"U" Chili Scramble
"U" Fresh Fruit Cup
"U" Whole Wheat Toast

Daily from 10:30am-8pm
Deli

Augusto's: Pizza and Pasta
Grill: Hamburgers, Hot Dogs
Onion rings

LUNCH 10:-31am-3:30pm

Lemon Herb Chicken
Steak Nuggets
Zucchini Gratin
White Rice
California Blend Veg.

Daily Features: Grilled Salmon Salad

Healthy "U"

"U" Fettuccini Alfredo
"U" Steamed Vegetables
"U" Multi-Grain Bread

DINNER 3:31pm-8:00pm

Beef and Broccoli Stir Fry
Teriyaki Chicken
Veggie Stir Fry
White Rice
Sesame Green Beans

Assorted Desserts

*Daily Features: Dim Sum Pot Stickers
Asian Slaw/Eggrolls
Salt & Pepper Shrimp*

Healthy "U"
"U" Chicken & Penne w/Basil Sauce
"U" Brown Rice
"U" Steamed Vegetables

Wednesday

BREAKFAST 7:00am-10:30am

Scrambled Eggs
Omelet Bar (7am to 10am)
Eggs to Order
Bacon
Hash Browns
Ham & Swiss Strata
Assorted Pastries

Healthy "U"
"U" French Toast Sticks
"U" Fresh Fruit Cup
"U" Sugar Free Syrup

Daily from 10:30am-8pm
Deli

Augusto's: Pizza and Pasta
Grill: Hamburgers, Hot Dogs
Delight Bites

LUNCH 10:-31am-3:30pm

Oven Roasted Turkey
Whipped Potatoes
Stuffing
Sweet Potato Casserole
Green Bean Casserole
Gravy / Cranberry Sauce
Daily Features: Carved Ham

Healthy "U"

"U" BBQ Stir Fry
"U" Brown Rice
"U" Steamed Vegetables

DINNER 3:31pm-8:00pm

Beef And Parmesan Pasta
Chicken Pot Pie
Veggie Stuffed Peppers
Scalloped Potatoes
Peas

Assorted Desserts

*Daily Features: Penne Pasta
w/Andouille Sausage & Apples*

Healthy "U"
"U" Layered Mexican Chicken
"U" Lemon Basil Carrots
"U" Onion Barley Casserole

Thursday

BREAKFAST 7:00am-10:30am

Scrambled Eggs
Omelet Bar (7am to 10am)
Eggs to Order
Sausage Links
Cottage Fries
French Toast
Assorted Pastries

Healthy "U"
"U" Scrambled Egg Whites
"U" Fresh Fruit
"U" Cinnamon Oat bran Muffin

Daily from 10:30am-8pm
Deli

Augusto's: Pizza and Pasta
Grill: Hamburgers, Hot Dogs
Fries

LUNCH 10:-31am-3:30pm

Grilled Cheese
Beefy Mac
Tomato Soup
French Fries
Brussel Sprouts

Daily Features: Grilled Steak Salad

Healthy "U"

"U" Mushroom & Black Bean Burritos
"U" Steamed Vegetables
"U" Garden Salad w/Dressing

DINNER 3:31pm-8:00pm

Apple Pork Loin
Chicken Tenders
Mac and Cheese
Green Beans
Succotash

Assorted Desserts

*Daily Features: Curried Shrimp
w/ Coconut Rice
Sweet Potato & Pineapple Salad*

Healthy "U"
"U" Italian Chicken & Peppers
"U" Roasted Cajun Potatoes
"U" Steamed Vegetables

Friday

BREAKFAST 7:00am-10:30am

Scrambled Eggs
Omelet Bar (7am to 10am)
Eggs to Order
Ham
Tater Tots
Quiche Lorraine
Assorted Pastries

Healthy "U"
"U" oatmeal bar

Daily from 10:30am-8pm
Deli

Augusto's: Pizza and Pasta
Grill: Hamburgers, Hot Dogs
Fish Nuggets

LUNCH 10:-31am-2:00pm

Tex Mex Chicken
Beef and Bean Burritos
Mexican Corn Saute
Black Beans and Rice
Spinach

Healthy "U"

"U" Tortellini w/Mushrooms & Tomatoes
"U" Garden Salad w/Dressing
"U" Steamed Vegetables

Thanksgiving Break



Thanksgiving Break

