HOUSE
FRESH FLAVORS- HEART HEALTHY

BREAKFAST: 7 A.M. – 10 A.M.  LUNCH: 11 A.M. – 2 P.M.  DINNER: 4 P.M. – 7:30 P.M.

MONDAY
Breakfast:  Sweet potato and pot roast hash , scrambled egg whites , banana
Lunch:  Cranberry almond chicken salad sandwich (half) , fresh pepper couscous , poblano black bean soup
Dinner:  Southwest salad with grilled chicken and avocado ranch dressing , seasoned flatbread , lemon cookie

TUESDAY
Breakfast:  Multigrain pancake , turkey sausage , mango protein smoothie
Lunch:  Turkey chipotle panini , house side salad with ranch dressing , chicken and wild rice soup
Dinner:  Grilled salmon with lemon herb butter , garlic mashed potatoes , seasonal vegetable , peach pie

WEDNESDAY
Breakfast:  Garden egg white scramble , seasonal muffin , fresh fruit cup
Lunch:  Greek chicken and veggie pita , lemon dill farro , Italian wedding soup
Dinner:  Chicken and cheese burrito , southwestern black beans , brownie

THURSDAY
Breakfast:  Granola bowl with dried fruit , vanilla Greek yogurt , tropical fruit cup
Lunch:  Italian turkey sub , spring mix salad with balsamic dressing , broccoli cheddar soup
Dinner:  Pesto quinoa bowl with grilled chicken , tomatoes , and broccoli , orange sherbet

FRIDAY
Breakfast:  Breakfast cobbler , blueberry Greek yogurt , apple grape cup
Lunch:  Falafel platter (falafel with spring mix , olive tapenade , flatbread , tomatoes , and cucumber ranch) , spinach and dried fruit salad with balsamic dressing , Italian sausage soup
Dinner:  Chicken teriyaki bowl with fried rice and stir fry vegetables , chocolate and peanut butter whoopie pie

SATURDAY
Breakfast:  Egg white panini with roasted red pepper , bacon , cereal with milk
Lunch:  Asian noodle salad with grilled chicken , fresh pear , potato shallot soup
Dinner:  Vegetarian stuffed pepper , California blend vegetables , apple pie

SUNDAY
Breakfast:  Oatmeal with dried fruit and almonds , turkey sausage , blueberry Greek yogurt , fresh fruit cup
Lunch:  Caprese panini , Italian side salad with Italian dressing , tomato basil soup
Dinner:  Jerk chicken with pineapple mango salsa , steamed broccoli , coconut rice with black beans , cherry pie
HOUSE CLASSIC COMFORT- HEART HEALTHY

BREAKFAST: 7 A.M. – 10 A.M.  LUNCH: 11 A.M. – 2 P.M.  DINNER: 4 P.M. – 7:30 P.M.

MONDAY
Breakfast: French toast 🍳, light raspberry yogurt 🍓, cereal with milk 🍷
Lunch: Chicken quesadilla, spinach salad with tomato, onion, and ranch dressing 🍪, poblano black bean soup 🍟
Dinner: Penne with meatballs, California blend vegetables 🍲, dinner roll 🍩, lemon cookie 🍪

TUESDAY
Breakfast: Scrambled egg whites 🍳, oatmeal with brown sugar 🍪, apple grape cup 🍷
Lunch: Prime rib sandwich (half), baked potato chips 🍟, house side salad with ranch dressing 🍪, chicken and wild rice soup 🍷
Dinner: Lemon rosemary chicken 🍳, roasted redskin potatoes 🍲, seasonal vegetable 🍲, peach pie 🍷

WEDNESDAY
Breakfast: Cheddar cheese egg white omelet 🍳, turkey sausage 🍪, breakfast potatoes 🍲, cereal with milk 🍷
Lunch: Pulled pork sandwich, vinegar slaw 🍳, Italian wedding soup 🍷
Dinner: Chicken Noodle over Mashed Potato 🍳, California blend vegetables, dinner roll, brownie 🍪

THURSDAY
Breakfast: Hash brown casserole 🍳, scrambled egg whites 🍳, tropical fruit cup 🍓, vanilla Greek yogurt 🍷
Lunch: Deluxe hamburger, spring mix salad with balsamic dressing 🍳, broccoli cheddar soup 🍷
Dinner: Turkey pot pie, steamed baby carrots 🍳, dinner roll 🍩, orange sherbet 🍷

FRIDAY
Breakfast: Western omelet 🍳, seasonal muffin 🍪, apple grape cup 🍷
Lunch: Grilled chicken sandwich, pasta salad 🍳, Italian sausage soup 🍷
Dinner: Potato-crusted cod, brown rice 🍳, steamed broccoli 🍳, chocolate and peanut butter whoopie pie 🍪

SATURDAY
Breakfast: Breakfast burrito 🍳, breakfast potatoes 🍳
Lunch: Chicken salad platter (chicken salad, flatbread, fresh fruit cup), Greek salad with Italian dressing 🍳, potato shallot soup 🍷
Dinner: Pulled pork with BBQ gravy 🍳, corn bread 🍩, collard greens 🍳, apple pie 🍪

SUNDAY
Breakfast: Scrambled egg whites 🍳, turkey sausage 🍪, cinnamon roll 🍩, apple grape cup 🍷
Lunch: Buckeye club, Caesar side salad with Caesar dressing 🍳, tomato basil soup 🍷
Dinner: Pot roast with beef gravy 🍳, steamed baby carrots 🍳, roasted redskin potatoes 🍳, cherry pie 🍪