



Sample Menu

MONDAY

Breakfast: Poached Eggs with Two Slices of Whole Wheat Toast and your choice of Brazilian Coffee or Herb Tea

Lunch: Chicken Breast with a Fresh Mushroom and Sherry Sauce, Brown Rice and Broccoli Pilaf, Dreyer's Ice Cream

Dinner: Homemade Soup of the Day, Grilled Cheddar Cheese Sandwich
Chilled Pickle Spears, Homemade Pumpkin Ginger Cookies.

TUESDAY

Breakfast: Medley of Fresh Fruit, a Cup of Cream of Wheat, Hot Waffles and Crispy Bacon with your choice of Brazilian Coffee or Herb Tea

Lunch: Pork Chops in an Orange Walnut Sauce, Roasted Garlic Mashed Potatoes, Herb Green Beans followed by Chocolate Mousse Pudding

Dinner: Organic Garden Salad* Turkey and Spinach Salad with Sliced Almonds, Toasted Garlic Bread then Nice 'n Easy Cheesecake with fruit topping

WEDNESDAY

Breakfast: Assorted Fresh Fruit, Hot Oatmeal, Cinnamon French Toast with Crispy Bacon and your choice of Brazilian Coffee or Herb Tea

Lunch: Garlic-Wine Pot Roast Stew, Freshly Made Cornbread, Tossed Salad using our own Organically Grown Seasonal Vegetables*, then Novartis Specially Prepared Sugar-Free Jell-O

Dinner: Soup of the Day, Pesto Coated Baked Chicken with Pine Nuts and Sour Cream plus Buttered Seminole Noodles, Cinnamon Flavored Sliced Peaches.

THURSDAY

Breakfast: Raisin Bran with Milk, Poached Eggs on Whole Wheat Toast and your choice of Brazilian coffee or Herb Tea

Lunch: Savory Roast Turkey, Garlic Roasted Mashed Potatoes, Sunshine Orange Candied Carrots, Homemade Biscuits, then Ginger Spiced Pumpkin Pie

Dinner: Organic Garden Salad*, Open Face Ham and Cheddar Cheese Melt, followed by Homemade Apple Raisin Banana Nut Cake

FRIDAY

Breakfast: Fresh Fruit Compote, Cornflakes with Milk and choice of Brazilian Coffee or Herb Tea

Lunch: Pepper Steak, Brown Rice Pilaf, Green Beans with Dill, Hot Rolls, Pineapple Noodle Kugel

Dinner: Soup of the Day, Tuna Salad on a Bed of Organically Grown Romaine Lettuce*, Chilled Pickles, Homemade Apple Walnut Vanilla Cake

*When Available