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## THURSDAY BREAKFAST

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Country thick bacon & sausage

Eggs

Potatoes

French Toast

Soy Chorizo Scramble

Black Beans

Yogurt

Oatmeal

Fresh Fruit

Coffee

Orange Juice

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## THURSDAY DINNER

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Chicken or Steak Kabobs  
over a bed of rice pilaf.

Dinner salad with your choice of  
dressing.



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## FRIDAY BREAKFAST

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Country thick bacon & sausage

Eggs

Potatoes

French Toast

Soy Chorizo Scramble

Black Beans

Yogurt

Oatmeal

Fresh Fruit

Coffee

Orange Juice

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## FRIDAY DINNER

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Lasagna or Veggie Lasagna

Chicken Alfredo

Garlic Bread

Caesar salad



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## SATURDAY BREAKFAST

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Bacon & Sausage Quiche

Veggie Quiche

Eggs

Country thick bacon & sausage

Potatoes

Black Beans

Yogurt

Oatmeal

Fresh Fruit

Coffee

Orange Juice

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## SATURDAY DINNER

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BBQ Spare Ribs & Chicken

Homemade Potato Salad

Corn

Dinner Rolls

Garden Salad Bar

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## SUNDAY GRAB & GO BREAKFAST

