TUESDAY LUNCH

Cardiac

Our chef has prepared a few specials for lunch:

#1 Chicken and Dumplings*** served with Mixed Vegetable*

#2 Pineapple Cottage Cheese Fruit Plate** served with Chicken Noodle Soup*

Which one would you prefer?

What would you like to drink?

Skim milk*Decaf Ice Tea2% milk*Decaf CoffeeChocolate milk**Decaf Hot Tea

Don't forget the Condiments

Sugar Pepper Margarine
Sugar Sub Mrs Dash SF Crackers (2)

Creamer

EXTRAS:			

M-606-B (6/15)

TUESDAY DINNER

Cardiac

Our chef has prepared a few specials for dinner:

#1 Shephards Pie made with Mixed Vegetables and Mashed potatoes*

#2 BBQ Pork on Wheat Bun** served with Rosemary Redskin Potatoes*, Coleslaw

Which one would you prefer?

Would you like dessert with dinner?

Dessert of the day is Apple Crisp**

What would you like to drink?

Skim milk* Decaf Ice Tea
2% milk* Decaf Coffee
Chocolate milk** Decaf Hot Tea

Don't forget the Condiments

Sugar Pepper Margarine

Sugar Sub Mrs Dash

Creamer

EXTRAS:

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WEDNESDAY BREAKFAST

Cardiac

For breakfast today, our chefs have prepared:

#1 Whole Grain Blueberry Pancake** served with Turkey sausage links (2)

#2 Choice of Oatmeal* or Cold Cereal*, served with Vanilla Yogurt* and Diced Pears*

Which one would you prefer?

What would you like to drink?

 Skim milk*
 Decaf Coffee
 Orange Juice*

 2% milk*
 Decaf Hot Tea
 Apple juice*

 Chocolate milk**
 Prune Juice*

 Cranberry Juice*

Don't forget the Condiments

 Sugar
 Pepper
 Margarine

 Sugar Sub
 Mrs Dash
 Brown Sugar*

 Creamer
 SF Syrup
 Syrup

EXTRAS:		

M-606-B (6/15)