



CYCLE DAY 10

BREAKFAST

CORNED BEEF HASH
GRILLED BACON
WAFFLES
HASH BROWNS
HOMINY GRITS
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
FRUIT BAR
CEREAL BAR

LUNCH

CHINESE 5 SPICE CHICKEN
PIZZA
BROWN RICE
CLUB SPINACH
SQUASH & CARROT MEDLEY
CALIFORNIA MEDLEY SOUP
TOASTED GARLIC BREAD
GRILLED CHEESEBURGER
GRILLED TURKEY BURGER
FRENCH FRIES
FRUIT BAR
SALAD BAR
CHOCOLATE CAKE
OATMEAL CHOC. CHIP COOKIE
CHEESECAKE
FRUIT JELLO

DINNER

SWEDISH MEATBALLS
HERBED BAKED CHICKEN
GARLIC POTATO WEDGES
EGG NOODLES
SAVORY SUMMER SQUASH
ROASTED CAULIFLOWER
CALIFORNIA MEDLEY SOUP
FRUIT BAR
SALAD BAR
CHOCOLATE CAKE
OATMEAL CHOC. CHIP COOKIE
CHEESECAKE
FRUIT JELLO