



CYCLE DAY 21

BREAKFAST

GRILLED SAUSAGE LINKS
GRILLED SAUSAGE PATTIES
PANCAKES
O'BRIEN POTATOES
HOT OATMEAL
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
FRUIT BAR
CEREAL BAR

LUNCH

TURKEY POT PIT
SLOPPY JOE
GRILLED SAUSAGE PATTIES
PANCAKES
ROSEMARY POTATO WEDGES
GREEN BEAN PARISIENNE
STEAMED CARROTS
MINESTRONE SOUP
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
FRUIT BAR
SALAD BAR
CEREAL BAR
BROWNIES
FRUIT JELLO

DINNER

BRAISED BEEF & NOODLES
PALAVER CHICKEN
LONG GRAIN & WILD RICE
ASPARAGUS
FRESH CARROTS
MINESTRONE SOUP
FRUIT BAR
SALAD BAR
BROWNIES
FRUIT JELLO