



## **CYCLE DAY 8**

### **BREAKFAST**

GRILLED TURKEY LINKS

GRILLED BACON

PANCAKES

O'BRIEN POTATOES

HOMINY GRITS

BOILED EGGS

SCRAMBLED EGG WHITES

OMELET BAR

YOGURT & SMOOTHIES

FRUIT BAR

CEREAL BAR

### **LUNCH**

CHILI CONQUISTADOR

FRIED CHICKEN

SPICY BROWN RICE PILAF

BAKED MAC & CHEESE

ANTIGUA BLEND

CORN O'BRIEN

CHICKEN SAUSAGE GUMBO

CORN MUFFINS

GRILLED CHEESEBURGER

GRILLED TURKEY BURGER

FRENCH FRIES

FRUIT BAR

SALAD BAR

MARBLE CAKE

SUGAR COOKIES

FRUIT JELLO

### **DINNER**

BEEF STROGANOFF

ROSEMARY TURKEY ROAST

EGG NOODLES

MASHED POTATOES

CHICKEN GRAVY

LYONNAISE CARROTS

ROASTED BROCCOLI

CHICKEN SAUSAGE GUMBO

CORN MUFFINS

FRUIT BAR

SALAD BAR

MARBLE CAKE

SUGAR COOKIES

FRUIT JELLO