



CYCLE DAY 7

BREAKFAST

CORNED BEEF HASH
GRILLED HAM STEAK
WAFFLES
COTTAGE FRIED POTATOES
HOT OATMEAL
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
FRUIT BAR
CEREAL BAR

LUNCH

CORNED BEEF HASH
CREOLE CHICKEN
GRILLED HAM & CHEESE
GRILLED CHEESE
RICE PILAF
WAFFLES
COTTAGE FRIED POTATOES
HOT OATMEAL
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
TOMATO SOUP
FRUIT BAR
SALAD BAR
CEREAL BAR
BREAD PUDDING
FRUIT JELLO

DINNER

CHILI MAC
PINEAPPLE CHICKEN
LYONNAISE POTATOES
HERBED GREEN BEANS
FRESH CARROTS
TOMATO SOUP
FRUIT BAR
SALAD BAR
BREAD PUDDING
FRUIT JELLO