



DAY 18

BREAKFAST

CORNERED BEEF HASH
GRILLED BACON
PANCAKES
BREAKFAST RICE
HOMINY GRITS
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
FRUIT BAR
CEREAL BAR

LUNCH

CHILI CONQUISTADOR
BOMBAY CHICKEN
ROASTED PEPPER POTATOES
RICE PILAF
BLACK EYED PEAS &
CARROTS
SCANDINAVIAN VEG BLEND
TORTELLINI SOUP
BAKING POWDER BISCUITS
CHICKEN QUESADILLA
BEEF QUESADILLA
FRUIT BAR
SALAD BAR
CARROT CAKE
BROWNIES
CHOC. CHIP COOKIES
FRUIT JELLO

DINNER

BBQ CHICKEN
BEEF PORCUPINES
RED BEANS & RICE
BAKED MAC & CHEESE
FRIED CABBAGE
GREEN BEANS
TORTELLINI SOUP
BAKING POWDER BISCUITS
FRUIT BAR
SALAD BAR
CARROT CAKE
BROWNIES
CHOC. CHIP COOKIES
FRUIT JELLO