



CYCLE DAY 11

BREAKFAST

GRILLED TURKEY LINKS
GRILLED SAUSAGE PATTIES
BLUEBERRY PANCAKES
O'BRIEN POTATOES

HOT OATMEAL
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
FRUIT BAR
CEREAL BAR

LUNCH

YANKEE POT ROAST
CHICKEN & VEGETABLE ALFREDO
BOILED PASTA
GARLIC MASHED POTATOES W/
GRAVY

FRESH CARROTS
CALIFORNIA VEGETABLE MEDLEY
CREAM OF MUSHROOMS SOUP
TOASTED GARLIC BREAD
BEEF QUESADILLA
CHICKEN QUESADILLA
FRUIT BAR
SALAD BAR
CARROT CAKE
BROWNIES
CHOC. CHIP COOKIES
FRUIT JELLO

DINNER

PORK ADOBO
TERIYAKI CHICKEN
BROWN RICE
ROASTED PEPPER POTATOES

FRESH BROCCOLI
SUMMER SQUASH
CREAM OF MUSHROOM SOUP
TOASTED GARLIC BREAD
FRUIT BAR
SALAD BAR
CARROT CAKE
CHOC. CHIP COOKIES
BROWNIES
FRUIT JELLO