



CYCLE DAY 5

BREAKFAST

GRILLED HAM STEAK
MINCED BEEF
BLUEBERRY PANCAKES
CHEESY DICED POTATOES
HOMINY GRITS
BOILED EGGS
SCRAMBLED EGG WHITES
OMELET BAR
YOGURT & SMOOTHIES
FRUIT BAR
CEREAL BAR

LUNCH

BLACKENED CHICKEN
PIZZA CASSEROLE
ROSEMARY POTATO WEDGES
CALICO CORN
CLUB SPINACH
CHICKEN CORN CHOWDER
CLOVERLEAF ROLLS
GRILLED CHEESEBURGER
GRILLED TURKEY BURGER
FRENCH FRIES
FRUIT BAR
SALAD BAR
VANILLA CAKE
SUGAR COOKIES
BLONDIES
FRUIT JELLO

DINNER

ROAST PORK
SHEPHERDS PIE
ITALIAN ROASTED POTATOES
SAVORY SUMMER SQUASH
FRESH CARROTS
CHICKEN CORN CHOWDER
CLOVERLEAF ROLLS
FRUIT BAR
SALAD BAR
VANILLA CAKE
SUGAR COOKIES
BLONDIES
FRUIT JELLO