



CYCLE DAY 4

BREAKFAST

GRILLED TURKEY LINKS
SAUSAGE GRAVY W/ BISCUIT

FRENCH TOAST

HOME FRIED POTATOES

HOT OATMEAL

BOILED EGGS

SCRAMBLED EGG WHITES

OMELET BAR

YOGURT & SMOOTHIES

FRUIT BAR

CEREAL BAR

LUNCH

CREOLE MAC

BAKED CHICKEN W/
MUSHROOM GRAVY

SICILIAN BROWN RICE &
VEGETABLES

HERBED BROCCOLI

ITALIAN VEG MEDLEY

ZUPPA TUSCANY

GARLIC BREAD STICKS

CHICKEN QUESADILLA

BEEF QUESADILLA

FRUIT BAR

SALAD BAR

CARROT CAKE

BROWNIES

CHOCOLATE CHIP COOKIES

FRUIT JELLO

DINNER

GRILLED CHICKEN SANDWICH

CAJUN ROAST BEEF

MASHED POTATOES

BROWN GRAVY

GREEN BEANS

CAULIFLOWER COMBO

ZUPPA TOSCANO

FRUIT BAR

SALAD BAR

CARROT CAKE

BROWNIES

CHOCOLATE CHIP COOKIES

FRUIT JELLO