



## **CYCLE DAY 3**

### **BREAKFAST**

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

### **LUNCH**

HONEY GLAZED CHICKEN  
CHUCK WAGON STEW  
LENTIL CHILI  
BROWN RICE  
FRIED CABBAGE  
PEAS & CARROTS  
CHICKEN RICE SOUP  
HOT ROLLS  
GRILLED CHEESEBURGER  
GRILLED TURKEY BURGER  
TATER TOTS  
FRUIT BAR  
SALAD BAR  
OATMEAL CHOC. CHIP COOKIES  
CHOCOLATE CAKE  
FRUIT JELLO

### **DINNER**

ITALIAN RICE & BEEF  
CHICKEN CACCIATORE  
DEVILED OVEN FRIES  
BROWN RICE  
ZUCCHINI W/ BASIL  
STEAMED CAULIFLOWER  
CHICKEN RICE SOUP  
HOT ROLLS  
FRUIT BAR  
SALAD BAR  
CHOCOLATE CAKE  
OATMEAL CHOC. CHIP COOKIES  
FRUIT JELLO