



WEEKLY MEAL PLAN

FRIDAY

CONTINENTAL BREAKFAST

Breakfast

Croissants, muffins, danishes, scones, bagels, Toast with butter, jam, cream cheese, or peanut butter, Fresh fruit or fruit salad, Yogurt and granola, Cold cereal or oatmeal, Coffee, tea, milk, and juice

GRILL & GREENS LUNCH

Lunch

Turkey burger served with house salad.

BBQ CHICKEN DINNER

Dinner

BBQ chicken with rice, veggie dish and garden salad.

SATURDAY

WEEKEND BREAKFAST SPECIAL

Breakfast

Cold cereal or oatmeal, scrambled eggs, pancakes or English muffin sandwich, baked beans, assorted juices, coffee and tea.

HOT DOG LUNCH

Lunch

Choice of beef hot dog or veggie hot dog served with veggie soup or coleslaw

ISLAND JERK DINNER

Dinner

Choice of jerk chicken or jerk veggie chunks with rice and peas and garden salad.

SUNDAY

HOT BREAKFAST DELUXE

Breakfast

Cold cereal or oatmeal, turkey sausages, baked beans, English muffin, assorted juices, coffee and tea.

HOMESTYLE LUNCH

Lunch

Soup of the day with veggie patty or beef patty served with beverages.

SUNDAY FAMILY DINNER

Dinner

Pork chop or baked chicken served with vegetarian pasta, vegetable rice and pasta salad

Caloric Reference Statement: Daily caloric needs for an adult can range widely typically from 1,600 to 2,400 kcal per day depending on body size, health status, and level of physical activity. The commonly referenced guideline of 2,000 kcal per day is a general benchmark used for nutrition labeling and may not reflect individual requirements.

Allergen Disclaimer: Cold cereal or oatmeal, toast with boiled eggs, baked beans, ham, butter, cream cheese, peanut butter, juice, coffee and tea.

Therapeutic Diet Statement: Modified texture, therapeutic, vegetarian, vegan, gluten-free, and medically prescribed diets are available upon request.