

**Friday, January 17, 2020**

**Breakfast**  
**Dining in A B C D (circle one)**  
**Name & Apt #: \_\_\_\_\_**

**(CIRCLE CHOICES)**  
Scrambled Eggs w/Cheese & Ham 3oz  
Egg Whites 3oz  
Hard Boiled Egg 1ea  
Grits 3oz  
Fruit 3oz

**Cereals**  
Cheerios  
Honey Nut Cheerios  
Frosted Flakes  
All Bran Wheat Flakes  
Regular Mini Wheat

**Toast**  
Wheat White Sourdough  
Cinnamon Raisin English Muffin

**Lunch**  
**Dining in A B C D (Circle One)**  
**Name & Apt #: \_\_\_\_\_**

**Garden Salad**  
**(CIRCLE CHOICES)**  
Lettuce Tomato Cucumbers  
Eggs Green Peppers Onions Cheese  
Beets Black Olives Garbanzo Beans  
Cottage Cheese Cranberries Oranges  
Carrot Sticks Celery Sticks

**Dressings:**  
Ranch Blue Cheese Honey Mustard  
Raspberry Vinaigrette Lite Italian  
Thousand Island Catalina

**(CIRCLE CHOICES)**  
**Regular/No Added Salt**  
Chefs Soup 3oz  
Fried Shrimp Platter 4oz  
Cheese Grits 3oz  
Garden Slaw 3oz  
Hush Puppies 3oz  
Cream Pie 1sl  
**Low Fat/Low Concentrate Option**  
Roasted Pork Loin w/ gravy 4oz.  
SF 1/2sl Cream Pie

**Dinner**  
**Dining in A B C D (circle one)**  
**Name & Apt #: \_\_\_\_\_**

**Garden Salad**  
**(CIRCLE CHOICES)**  
Lettuce Tomato Cucumbers  
Eggs Green Peppers Onions Cheese  
Beets Black Olives Garbanzo Beans  
Cottage Cheese Cranberries Oranges  
Carrot Sticks Celery Sticks

**Dressings:**  
Ranch Blue Cheese Honey Mustard  
Raspberry Vinaigrette Lite Italian  
Thousand Island Catalina

**(CIRCLE CHOICES)**  
**Regular/No Added Salt**  
Chefs Soup 3oz  
Hawthorn Chili 4oz  
Steam Rice 3oz  
Veggie Sticks 3oz  
Corn Bread 1sl  
Ice Cream Cone 1ea  
**Low Fat/Low Concentrate Option**  
Chicken Adobo 4oz  
SF-Ice Cream 1ea