

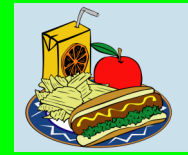
Week Day Menu

Breakfast
Mon - Fri 8:30 - 9:30am

RICA'S Window Café

Lunch
Mon - Fri 11:30 - 1:30pm

Week III



**GOOD
FOOD
is
GOOD
MOOD**

Monday, Dec. 2, 2024

Breakfast

Hard Boiled Egg 1 ea.
Blueberry WG Muffin 1 ea
Asst. Cereal 1 oz
100% Apple Cranberry 4 oz
Peaches in Juice ½ cup
Choice of Milk 8 oz

Lunch

Grilled Cheese 1 ea
(WW Bread 2 sl, Cheese 1 oz)
Cheese Stick 1 ea
Or
Turkey Ham Sandwich 1 ea
+
Caesar Salad 1 cup
W/Caesar dressing 2 oz
Creamy Vegetable
Chowder 1 cup
WG Crackers 1 pk
Frozen Treats 1 ea
Choice of Fresh Fruit Basket 1 sv
Choice of Milk 8 oz

Tuesday, Dec. 3, 2024

Breakfast

Cinnamon Raisin Bagel 1 ea
Lite Cream Cheese 1 oz
Asst. Cereal 1 oz
100% Orange Juice 4 oz
Pears in Juice ½ cup
Choice of Milk 8 oz

Lunch

WW Spaghetti 1 cup
W/Meat Sauce or
Marinara Sauce ½ cup
Parmesan Cheese 1 pk
Or
Turkey Sandwich 1 ea
+
Seasoned Cauliflower ½ cup
Baby Carrots ½ cup
Apple Slices ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed., Dec. 4, 2024

Breakfast

WW French Toast Sticks 4 ea
Syrup/Marg 1 ea
Turkey Sausage Links 2 ea
Asst. Cereal 1 oz
100% Apple Juice 4 oz
Pineapples in Juice ½ cup
Choice of Milk 8 oz

Lunch

Chicken Quesadilla 1 ea
(Meat/Cheese 3 oz,
2 Tortillas)
Salsa/Sour Cream 1 oz ea
Or
SB & J Sandwich 1 ea
Cheese Stick 1 oz
+
LS Pinto Beans ½ cup
Mexican Corn 1 ea
Watermelon ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thurs., Dec. 5, 2024

Breakfast

Berry Berry Smoothie 8 oz
Granola Bar 1 ea
Asst. Cereal 1 oz
100% Fruit Punch 4 oz
Banana 1 ea
Choice of Milk 8 oz

Lunch

Hamburger 3 oz
On WW Bun 1 ea
Lettuce, Tomatoes,
Onions ½ cup
Or
Turkey Ham Sandwich 1 ea
+
Mustard, Mayo 1 ea
Seasoned Fries ½ cup
Ketchup 2 pks
Cheesy Broccoli ½ cup
Fresh Melons ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Dec. 6, 2024

Breakfast

Breakfast Pizza 1 sv
Asst. Cereal 1 oz
100% Apple Cranberry 4 oz
Strawberries ½ cup
Choice of Milk 8 oz

Lunch

Lemon Baked Tilapia 1 ea
Tarter Sauce/Hot Sauce 1 ea
WW Biscuit w/Jelly 1 ea
Or
Turkey Sandwich 1 ea
+
Baked Potato Bar 1 sv
Bacon, Sour Cream,
Shr. Cheese,
Green Onion 1 oz ea
Seasoned Green Beans ½ cup
Fruit Plate ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz