

Week Day Menu

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

RICA'S Window Café

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

Week IV



**GOOD
FOOD
is
GOOD
MOOD**

Monday, Dec. 9, 2024

Breakfast

Cheese Omelet 1 ea
WW Toast 1 ea
Jelly/Marg 1 ea
Asst. Cereal 1 oz
100% Fruit Punch 4 oz
Mandarin Orange ½ cup
Choice of Milk 8 oz

Lunch

Lasagna Roll 2 ea
W/Marinara Sauce 2 oz
WW Bread Stick 1 ea
Or
Turkey Sandwich 1 ea
+
Vegetable Blend ½ cup
Steamed Broccoli ½ cup
Watermelon ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Tuesday, Dec. 10, 2024

Breakfast

Fruit & Yogurt Parfait 1 ea
Asst. Cereal 1 oz
100% Apple Cranberry 4 oz
Apricots ½ cup
Choice of Milk 8 oz

Lunch

Spicy Chicken Sandwich 1 ea
(Meat 3 oz, WW Bun 1 ea)
Lettuce, Tomatoes &
Onion ½ cup
Ketchup, Lite Mayo 1 ea
Or
SB & J Sandwich &
Cheese Stick 1 ea
+
Baked Potato Chips 1 bag
Raw Baby Carrots ½ cup
W/Lite Ranch 2 oz
Fruit Cocktail ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed., Dec. 11, 2024

Breakfast

Chocolate Chip Muffin 1 ea
Turkey Sausage links 2 ea
Asst. Cereal 1 oz
100% Orange Juice 4 oz
Fresh Banana 1 ea
Choice of Milk 8 oz

Lunch

Chili 1 cup
WG Crackers 2 pks
Shr. Cheese/Sour Cream
1 oz ea
Or
Turkey Ham Sandwich 1 ea
+
Tossed Salad 1 cup
Asst. Low Fat Dressing 2 oz
Corn Bread 1 sv
Honey/Marg 1 pk ea
Apple Slices ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, Dec. 12, 2024

Breakfast

Cinnamon Roll 1 ea
Asst. Cereal 1 oz
100% Apple Juice 4 oz
Pears in Juice ½ cup
Choice of Milk 8oz

Lunch

Grilled Turkey Ham
W/American Cheese 3 oz
On WW Bread 2 sl
Or
Turkey Sandwich 1 ea
+
Cucumber Sticks
W/Lite Ranch 1 sv
Hearty Vegetable Soup 1 cup
WG Crackers 2 ea
Frozen Fruit Treats 1 sv
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Dec. 13, 2024

Breakfast

Turkey Sausage Patty 1 oz
Lite Cheese ½ oz
On WW English Muffin 1 ea
Asst. Cereal 1 oz
100% Fruit Punch Juice 4 oz
Pink Grapefruit ½ ea
Choice of Milk 8 oz

Lunch

BBQ Chicken 1 sv
WW Egg Noodles 1 cup
Or
SB & J Sandwich &
Cheese Stick 1 ea
+
Green Beans ½ cup
Corn on the Cob 1 ea
Strawberries w/Topping
½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz