

Regular Menu

The Oaks at Nipomo



	Sun 03-11-2018	Mon 03-12-2018	Tue 03-13-2018	Wed 03-14-2018	Thu 03-15-2018	Fri 03-16-2018	Sat 03-17-2018
B R K	Cinnamon French Toast Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Cheesy Scrambled Eggs Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Breakfast Broccoli Quiche Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Sausage Country Gravy/Biscuits Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Skillet Eggs/Hash Browns Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Fresh Fruit 100% Juice Whole Grain Toast	Egg Bacon Croissant Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Pannu Kakku (Finnish Oven Pancake) Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast
L U N	Reuben Wrap <i>or</i> Chicken Chili Soup Broccoli Coleslaw <i>or</i> Ambrosia Herb Biscuits M&M Cookie	Tuna Melt on Rye <i>or</i> Grilled 3 Cheese Sandwich Cucumber Onion Salad Pineapple Crumble Bars	Soup Du Jour Beef BBQ Sandwich <i>or</i> Deli Swiss Sandwich Spinach Strawberry Walnut Salad Classic Macaroni Salad Mint Chocolate Chip Ice Cream	Pork Taco <i>or</i> Beef-A-Roni Fresh Tomato Salsa <i>or</i> Apple Cranberry Green Salad Cream Cheese Danish	Soup Du Jour Chicken Bacon Wrap <i>or</i> Denver Sandwich Cottage Cheese Veggie Salad Chips	Caesar Salad Wrap <i>or</i> Catalina Taco Salad Cucumber Tomato Salad Onion Rings Ice Cream Sundae	Soup Du Jour Bangers and Mashed <i>or</i> Chicken Philly Sandwich Garden Pasta Salad <i>or</i> Cottage Cheese/Peaches Peanut Butter Bars
D I N	Green Salad Honey Roasted Pork Roasted Yams Green Beans Baked Roll	Cottage Cheese/Fruit Turkey/Basil Cream Sauce Risotto Roasted Parmesan Brussels Sprouts Baked Roll Chocolate Marshmallow Cake	Green Salad Sausage Orzo Jambalaya Savory Rice Corn Fresh Cornbread Country Apple Dumplings	Tilapia/Savory Herb Butter Lemon Pesto Rice Roasted Asparagus <i>or</i> Kale and Feta Salad Coconut Cream Pie	Green Salad Salisbury Steak/Gravy Fresh Mashed Potatoes/Gravy Braised Carrots and Celery Baked Roll Cheesecake/Fruit Topping	Green Salad Irish Roasted Salmon Parmesan Orzo Peas/Mushrooms	Corned Beef and Cabbage Boiled Potatoes Apple Coleslaw <i>or</i> Baby Carrots Shamrock Pie
	Milk offered at every meal						Week 3

Dietitian's Signature: *Diane Jagu, RDN 6/10/28*
1-1-2018