

Regular Menu

The Oaks at Nipomo



	Sun 03-18-2018	Mon 03-19-2018	Tue 03-20-2018	Wed 03-21-2018	Thu 03-22-2018	Fri 03-23-2018	Sat 03-24-2018
B R K	Apple Turnover Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	French Toast Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Baked Denver Omelet 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	Eggs Benedict Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Blueberry Pancakes Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Spinach and Feta Quiche Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast
L U N	Crab Pasta Salad <i>or</i> Open Face Sandwich Fruit Cocktail Salad <i>or</i> Loaded Cauliflower Spice Raisin Cookies	Bacon Guacamole Cheeseburger <i>or</i> Deli Sandwich Cottage Cheese/Pears Sweet Potato Fries Cowboy Cookies	Soup Du Jour Vegetable Cheese Wrap <i>or</i> Chicken Avocado Sandwich Peach Fruit Cup Penne Pasta Salad	Tuna Salad on Rolls <i>or</i> Turkey Devonshire Sandwich Four Bean Salad <i>or</i> Crunchy Vegetable Salad Rice Pudding	Soup Du Jour Beef Bean Enchilada Casserole <i>or</i> Garlic Roast Beef Sandwich Soft Fall Fruit Salad Macaroni Salad Crescent Cream Bars	Pepperoni Pizza <i>or</i> Sausage and Mushroom Pizza Caesar Salad Cinnamon Bread	Soup Du Jour Ranch Chicken Nuggets Marshmallow Fruit Salad Soft Chocolate Chip Cookie
D I N	Sweet and Sour Chicken Parsley Rice Mixed Vegetables Vegetable Egg Roll Chocolate Cream Pie	Pineapple Cucumber Salad Sour Cream Cheddar Tilapia Lemon Pasta Steamed Broccoli Baked Roll Apple Cobbler	Green Salad Pork Cacciatore Onion Roasted Potatoes Roasted Squash Baked Roll Vanilla Cream Puffs	Philly Cube Steak Fresh Mashed Potatoes Marinated Mushrooms <i>or</i> Spinach Cucumber Salad Baked Roll Lemon Meringue Pie	Green Salad Seasoned Fried Chicken Candied Yams Green Beans Fresh Cornbread Berry Peach Crisp	Sweet Slaw Grilled Mahi Mahi with Mango Salsa Rice Pasta Pilaf Chef's Steamed Vegetable	Cranberry Pear Tossed Salad Spaghetti and Meatballs Balsamic Roasted Vegetables Garlic Bread Chocolate Trifle
	Milk offered at every meal						Week 4

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