

Regular Menu

The Oaks at Nipomo



	Sun 05-27-2018	Mon 05-28-2018	Tue 05-29-2018	Wed 05-30-2018	Thu 05-31-2018	Fri 06-01-2018	Sat 06-02-2018
B R K	Monkey Bread Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Cinnamon French Toast Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Ham and Cheese Frittata Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link 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	Spinach and Feta Quiche Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Banana Nut Muffin Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Chef's Choice Omelet Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast
L U N	Ham Melt <i>or</i> Shrimp Salad Tomato, Onion & Cheese Oatmeal Raisin Cookie	Seasoned Burgers Watermelon	Soup Du Jour Mediterranean Chicken Salad <i>or</i> Greek Salad Wrap Vegetable Sticks Pita Chips Brownies	Tuna Salad Sandwich <i>or</i> Salmon Burger Carrot Celery Cucumber Salad Chips Ice Cream Sandwich	Soup Du Jour <i>or</i> Fruited Jello Salad Classic French Dip Sandwich <i>or</i> Asian Chicken Salad Apple Coleslaw M&M Sundae	Sausage and Mushroom Pizza <i>or</i> Pepperoni Pizza Kiwi Fruit Cup <i>or</i> Garden Green Salad Chocolate Chip Cookie	Soup Du Jour Chicken Nuggets <i>or</i> Hummus Vegetable Platter Tomatoes/Cottage Cheese Steak Fries Oreo Ice Cream Cake
D I N	Sweet Slaw Bacon Meatloaf Fresh Mashed Potatoes/Gravy Sauteed Spinach Baked Roll Chef's Dessert	Cottage Cheese/Peaches Cajun Catfish <i>or</i> New Orleans Creole Gumbo Hushpuppy Corn Fresh Biscuits Angel Fruit Parfait	Classic Waldorf Salad Crispy Pork Chops <i>or</i> Turkey Cutlet with Cream Sauce Penne Pasta Peas and Carrots Baked Roll Chocolate Eclairs	Green Salad Beef Burgundy Baked Potato Squash Medley Frosted Banana Bars	Pork Chow Mein <i>or</i> Asian Orange Chicken Parsley Rice Stir-Fried Broccoli Spring Egg Roll Chef's Dessert	Beef Enchilada <i>or</i> Tostada Spanish Rice Mexicali Corn Baked Flan	Green Salad Italian Turkey Meatballs/Sauce <i>or</i> Beef Rigatoni Bake Best Noodles Roasted Parmesan Brussels Sprouts Crusty Garlic Bread Tiramisu
	Milk offered at every meal						Week 3

Dietitian's Signature: *Quinn Jager, RDN 6/10/28*
5-15-2018