

Regular Menu

The Oaks at Nipomo



	Sun 07-08-2018	Mon 07-09-2018	Tue 07-10-2018	Wed 07-11-2018	Thu 07-12-2018	Fri 07-13-2018	Sat 07-14-2018
B R K	Cheesy Scrambled Eggs Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Breakfast Sausage Taquitos Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Bacon and Cheese Frittata 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 Link Fresh Fruit 100% Juice Whole Grain Toast	Bagel Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Vegetable Quiche Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Strawberry Belgian Waffle Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast
L U N	Pork & Pineapple Kabobs <i>or</i> Seared Ahi Tuna Marinated Green Bean Salad Sweet Potato Fries Orange Pineapple Jello	Stuffed Baked Potato <i>or</i> Chili Cheese Sliders Creamy Grape Salad Chips Vanilla Pudding	Soup Du Jour Ham Bundle <i>or</i> Chef Salad Veggies in Salad M&M Cookie	Shrimp Po' Boy Sandwich <i>or</i> Southern Fried Fish and Chips Cucumber Corn Salad Rootbeer Floats	Soup Du Jour Coney Island Dogs <i>or</i> Honey BBQ Chicken Wrap Vegetable Pasta Salad <i>or</i> Cottage Cheese/Pears Ice Cream Bar	Club Sandwich <i>or</i> Roast Beef Sandwich Tomatoes/Cottage Cheese Potato Salad Chocolate Chip Cookie	Soup Du Jour Chicken Chile Enchilada Casserole <i>or</i> Taco Salad Sour Cream Carrot Salad Tortilla Chips/Salsa Rice and Raisin Pudding
D I N	Green Salad Honey Glazed Ham Favorite Baked Beans Braised Carrots and Celery Baked Roll Chef's Dessert	Creamy Coleslaw Seasoned Fried Chicken Fresh Mashed Potatoes/Gravy Fresh Asparagus Fresh Biscuits Classic Pecan Pie	Green Salad Seasoned Steak <i>or</i> Turkey Cutlet with Cream Sauce Garlic Pasta French Cut Green Beans Baked Roll Angel Food Cake	Pineapple Coleslaw Big Island Pork Chops <i>or</i> Huli-Huli Chicken Aloha Sweet Potatoes Squash Medley Fresh Cornbread Coconut Cream Pie	Green Salad Salisbury Steak/Gravy <i>or</i> Baked Sole Fillet Brown Rice Bacon Peas Baked Roll Peanut Butter Pie	Cottage Cheese/Pineapple Baby Back Pork Ribs <i>or</i> Texas BBQ Steak Baked Potato Crunchy Fried Okra <i>or</i> Steamed Broccoli Apple Pie	Green Salad Turkey Meatloaf <i>or</i> Cheese Ravioli/Pasta Sauce Cranberry Sage Dressing Brussels Sprouts Fruit Cobbler
	Milk offered at every meal						Week 4

Dietitian's Signature: *Diana Jagan, RDN*
6-18-2018