

Regular Menu

The Oaks at Nipomo



	Sun 07-15-2018	Mon 07-16-2018	Tue 07-17-2018	Wed 07-18-2018	Thu 07-19-2018	Fri 07-20-2018	Sat 07-21-2018
B R K	Bacon Egg Muffin 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	Chef's Choice Omelet Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Poached Egg/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	Pannu Kakku (Finnish Oven Pancake) Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Bacon Quiche Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast
L U N	Cottage Cheese/Pears Ham Salad Sandwich <i>or</i> Egg Salad Croissant Colorful Corn Salad Oatmeal Raisin Cookie	Italian Sub Sandwich <i>or</i> Cobb Salad Fruit Cocktail Salad Ice Cream Sandwich	Soup Du Jour Mozzarella Mini Pizzas <i>or</i> Italian Chopped Salad Apple Slices <i>or</i> Green Salad Italian Ice	Marinated Seafood Salad <i>or</i> Hawaiian Burger Watermelon Chips Layered Lemon Dessert	Soup Du Jour Turkey Apple Cashew Salad <i>or</i> Big Mac Sliders Pineapple Salad Onion Rings M&M Cookie	Hummus Vegetable Platter <i>or</i> Falafel Pita Fresh Fruit Sweet Potato Fries Baklava	Soup Du Jour Meat and Cheese Plate <i>or</i> Ham and Cheese Panini Tomatoes/Cottage Cheese Classic Macaroni Salad Chocolate Chip Cookie
D I N	Shrimp Cocktail Salmon Cakes Parmesan Orzo Broccolini Chef's Dessert	Green Salad <i>or</i> Deviled Egg BBQ Chicken Leg <i>or</i> BBQ Chicken Wings Ranch Potato Bake Green Beans/Bacon Fresh Cornbread Cherry Pie Ala Mode	Beef and Broccoli Stir- Fry <i>or</i> Pork Chow Mein Lemon Rice Orange Glazed Carrots <i>or</i> Stir-Fry Vegetables Cream Cheese Danish	Sweet Slaw Turkey Breast/Lemon Thyme Sauce <i>or</i> Petite Meatloaf Fresh Mashed Potatoes/Gravy Mixed Vegetables Baked Roll Classic Pecan Pie	Green Salad Texas BBQ Chicken Salad <i>or</i> Smothered Pork Chop Parsley Buttered Noodles Roasted Parmesan Brussels Sprouts Baked Roll Berry Cobbler	Grilled Marinated Shrimp <i>or</i> Marinated Flank Steak Quinoa and Black Beans Cuban Slaw <i>or</i> Grilled Zucchini Coconut Cream Pie	Green Salad Turkey/Mushroom Sauce <i>or</i> Country Fried Steak/Gravy Red Potatoes White Cheddar Baked Corn Baked Roll Chocolate Eclairs
	Milk offered at every meal						Week 5

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