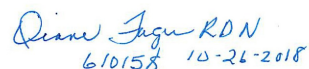


# Weekly Menu

The Oaks at Nipomo



	Sun 12-02-2018	Mon 12-03-2018	Tue 12-04-2018	Wed 12-05-2018	Thu 12-06-2018	Fri 12-07-2018	Sat 12-08-2018
B R K	Chef's Choice Pastry Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Pancakes 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 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	Bacon Egg Muffin Egg of Choice <i>or</i> Bacon <i>or</i> Sausage Link Fresh Fruit 100% Juice Whole Grain Toast	Fried Egg 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> Clubhouse Wrap Green Pea Salad Onion Rings Jello & Whip Cups	Beef and Bean Burrito <i>or</i> Mozzarella Tomato Sandwich Citrus Fruit Salad <i>or</i> Carrot Celery Cucumber Salad Tomato Cilantro Rice Orange Creamsicle Bar	Soup Du Jour <i>or</i> Garden Green Salad Pepperoni and Mushroom Pizza <i>or</i> Cheese Pizza Cottage Cheese/Fruit Pudding	Veggie Burger <i>or</i> Shrimp Salad Veggies in Salad <i>or</i> Carrot Coin Salad French Fries Almond Sugar Cookie	Soup Du Jour Turkey Apple Cashew Salad <i>or</i> Chili Cheese Sliders Red Beet Eggs Chips Ice Cream Sandwich	Nachos <i>or</i> Chef Salad Fresh Tomato Salsa <i>or</i> Cinnamon Fruit Cup Creamy Rice Pudding	Soup Du Jour Sweet Pork Sandwich <i>or</i> BLT Wrap Four Bean Salad Veggie Straws Chocolate Chip Cookie
D I N	Green Salad Seasoned Meatballs/Gravy Garlic Mashed Potatoes Baby Carrots Baked Roll Peach Pie	Green Salad Southern Fried Chicken <i>or</i> Cajun Catfish Scalloped Potatoes Grilled Eggplant Banana Cream Pie	Green Salad Country Fried Steak/Gravy <i>or</i> Pork Riblets/BBQ Sauce Oven Brown Rice Green Beans Baked Roll Cheesecake	Green Salad Lasagna <i>or</i> Homestyle Salisbury Steak Baked Potato Mixed Vegetables Garlic Bread Pecan Pie	Green Salad Chicken Marsala <i>or</i> Salmon Cakes Angel Pasta Roasted Cauliflower Baked Roll Pear Cobbler	Coleslaw Grilled Shrimp <i>or</i> Marinated Steaks Roasted Yams Bacon Sautéed Lima Beans Pina Colada Pie	Classic Waldorf Salad Meatloaf with Mozzarella <i>or</i> Turkey Cutlet/Spinach Bacon Feta Topping Baked Macaroni Cheese Roasted Brussels Sprouts Baked Roll Apple Pie
	Milk offered at every meal						Week 3

Dietitian's Signature:   
6/10/18 10-26-2018