



# COURTYARD GARDENS



	BREAKFAST	LUNCH	DINNER
SUNDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Minestrone Soup Assorted Sandwich on White Tossed Salad ALT: Spinach & Mushroom Quiche Tossed Salad Fresh Fruit Salad	<b>Coconut Crusted Shrimp</b> Filet of Salmon Florentine Roasted Red Potatoes Brussel Sprouts / Baked Squash ALT: Pork Tenderloin Dijonaise Tiramisu
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
MONDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Chicken Noodle Soup Tuna Salad on Multigrain Cucumber Dill Salad ALT: Honey Garlic Chicken Wings Butterscotch Pudding with Spice Apples	Heirloom Tomato Salad w/ Portobello Mushroom Beef Meatloaf Scalloped Potatoes Carrot Coins Sautéed Bok Choy ALT: Baked Ham w/ Pineapple Salsa Fruit Cobbler
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
TUESDAY	Juices Stewed Prunes Hot & Cold Cereals Eggs Toast / Assorted Jams	French Canadian Pea Soup Fresh Fruit Plate Cottage Cheese & Corn Muffin ALT: Fried Egg Ham Cheese Sandwich Salad Date Square	<b>Living Loving Local</b> <b>Spring Greens w/ Strawberries and Feta</b> Pork Chops with Apple Sauce Mashed Potatoes Corn, Beet and Pea Medley ALT: Pesto Chicken Breast Ambrosia Salad
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
WEDNESDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Beef Barley Soup Western Omelet Hash browns & Toast ALT: Chef Salad w/ Ham Turkey Egg Cheese <b>Mango Smoothie</b>	Egg Roll with Plum Sauce Shepherd's Pie Brussel Sprouts Ratatouille ALT: Shrimp Brochette Chive Beurre Blanc Brown & White Rice Key Lime Pie
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
THURSDAY	Juices Stewed Prunes Hot & Cold Cereals Sausage Eggs Toast / Assorted Jams	Cream of Mushroom Soup Chicken Salad Sandwich on Whole Wheat ALT: Roasted Vegetable & Feta Quiche Tossed Salad Chocolate Vanilla Parfait	Chickpea Salad Chicken a L'Orange Parslied Boiled Potatoes Cauliflower Seasoned Broccoli ALT: Roast Beef au Jus Warm Bread Pudding
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
FRIDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Tomato Vegetable Soup Beef Cheddar Sandwich on Whole Wheat Greek Salad ALT: Ham Mac & Cheese Lemon Pound Cake	House Salad <b>Coconut Crusted Tilapia Pineapple Salsa</b> <b>Sweet Potatoes</b> Sugar Snap Peas / Yellow Beets ALT: Chef's Special Rice Pudding
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
SATURDAY	Juices Stewed Prunes Hot & Cold Cereals Eggs Toast / Assorted Jams	Seafood Chowder Salmon Salad Sandwich Orange & Spinach Salad ALT: Nathan's Beef Hot Dog & French Fries <b>Living Loving Local</b> <b>Strawberries</b>	Brie Pear and Honey Crostini <b>Caribbean Roast Pork Loin</b> <b>Sweet Potatoes</b> Zucchini Buttered Corn ALT: Beef Pot Pie Chocolate Cake
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request