

Sample Menus

Breakfast

- Scrambled eggs with vegetables
- Home-made granola
- Fresh fruit
- Variety multi-grain breads and toasts
- Fruit juices
- Milk, coffee, tea

or

- French toast
- Red River whole grain cereal or oatmeal
- Fresh fruit
- Variety multi-grain breads and toasts
- Fruit juices
- Milk, coffee, tea

Lunch

- Veggie sub or tuna sandwiches on multi-grain bread with condiments
- Soup of the day
- Salad bar with mixed greens and toppings
- Coffee, tea or juice
- Fresh fruit

or

- Garden quiche
- Soup of the day
- Salad bar with mixed greens and toppings
- Coffee, tea or juice
- Fresh fruit

Dinner

- Poached salmon with citron sauce
- Rice pilaf
- Seasoned vegetables
- Salad bar with mixed greens and toppings
- Chef's choice of dessert
- Coffee, tea or juice

or

- Vegetable Stir fry or stuffed peppers

- Rice
- Salad bar with mixed greens and toppings
- Chef's choice of dessert
- Coffee, tea or juice