



JUNE SHAVER SPECIALTY 3 MENU

SUNDAY

DINNER: Chicken parmesan, penne pasta w/ alfredo sauce, roasted broccoli & cauliflower

MONDAY

BREAKFAST: Waffles w/ strawberries and fresh cream, hard-boiled eggs, sausage links

LUNCH: Hot dogs and chips

DINNER: Teriyaki chicken breasts, rice pilaf, broccoli, corn

TUESDAY

BREAKFAST: Scrambled eggs, hot oatmeal, cereal, bagels

LUNCH: Carnitas chicken, pita bread, couscous, hummus

DINNER: Hamburgers and chips

WEDNESDAY

BREAKFAST: Scrambled eggs w/bacon pieces, hot oatmeal, cereal, bagels

LUNCH: Cheese quesadillas, chips, salsa, guacamole

DINNER: BBQ chicken breasts, mashed potatoes, black bean and corn medley

THURSDAY

BREAKFAST: Scrambled eggs, sausage patties, hot oatmeal, cereal

LUNCH: Breaded chicken patty sandwiches, Caprese salad, chips

DINNER: Beef tacos, refried beans, chips, salsa, guacamole

FRIDAY

BREAKFAST: Scrambled eggs, bacon, hot oatmeal, cereal, bagels

LUNCH: Deli sandwiches and chips

DINNER: Orange chicken, steamed rice, stir-fry veggies

***Gluten Free and Vegan options available at all meals.**