

# Week Day Menu

Breakfast  
Mon - Fri 8:30 - 9:30am

## RICA'S Window Café

Lunch  
Mon - Fri 11:30 - 1:30pm

Week III



**GOOD  
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GOOD  
MOOD**

**Monday, Oct. 23, 2023**

### Breakfast

WW Waffles 2 oz  
Syrup 2 oz/Marg 1 tsp  
Asst. Cereal 1 oz  
100% Apple Cranberry 4 oz  
Peaches in Juice ½ cup  
Choice of Milk 8 oz

### Lunch

WW Spaghetti 1 cup  
W/Marinara Sauce ½ cup  
WW Garlic Bread Stick 1 ea

Or

**SB & J Sandwich 1 ea**

Cheese Stick 1 oz

+

Green Beans ½ cup  
Garden Salad 1 cup  
Asst. Low Fat Dressing 2 oz  
Sliced Melons ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Tuesday, Oct. 24, 2023**

### Breakfast

Banana Bread 1 sv  
Asst. Cereal 1 oz  
100% Orange Juice 4 oz.  
Pears in Juice ½ cup  
Choice of Milk 8 oz

### Lunch

Spicy Nachos 1 sv  
(Meat 2 oz, WG Nacho Chips,  
Salsa, Shr. Cheese, Sour  
Cream 1 oz ea)

Tossed Salad 1 cup  
Asst. Low Fat Dressing 2 oz

Or

**Turkey Sandwich 1 ea**

+

Mexican Rice ½ cup  
LS Pinto Beans ½ cup  
Fresh Nectarine 1 ea  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Wed, Oct. 25, 2023**

### Breakfast

WW Croissant 2 oz  
Jelly/Marg 1 ea  
Asst. Cereal 1 oz  
100% Apple Juice 4 oz.  
Chilled Pineapples ½ cup  
Choice of Milk 8 oz

### Lunch

Oven Fried Chicken 1 ea

Or

**SB & J Sandwich 1 ea**  
Cheese Stick 1 oz  
+

Mashed Potatoes 1 cup  
LS Gravy 2 oz  
WW Roll/Marg 1 ea  
Sautéed Cabbage ½ cup  
Watermelons ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Thurs, Oct. 26, 2023**

### Breakfast

Sausage & Cheese 1½ oz  
On WW English Muffin 1 ea  
Asst. Cereal 1 oz  
100% Fruit Punch 4 oz  
Fruit Cocktail in Juice ½ cup  
Choice of Milk 8 oz

### Lunch

Grilled Turkey Ham/Cheese  
Sandwich 1 ea  
(Meat/Cheese 3 oz,  
WW Bread 2 sl)

Or

**Turkey Sandwich 1 ea**

+

Baked Seasoned Fries ½ cup  
Ketchup 2 pks  
Baby Carrots w/Lite Ranch 1 sv  
Strawberries ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Friday, Oct. 27, 2023**

### Breakfast

Berry Berry Smoothie 8 oz  
Asst. Cereal 2 ea  
100% Apple  
Cranberry 4 oz.  
Fresh Banana 1 ea  
Choice of Milk 8 oz

### Lunch

Meatballs 5 ea  
W/Gravy 2 oz  
WW Noodles ½ cup  
Homestyle WW Roll 1 ea  
Margarine 1 tsp

Or

**Turkey Ham Sandwich 1 ea**

+

Lemon Pepper Broccoli ½ cup  
Mixed Vegetables ½ cup  
Fresh Pineapples ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz