

Tier 3 Sample	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Avocado Bacon Omelets, yogurt & toppings	French Toast, scrambled eggs, sausage links, fresh fruit toppings	Coffee Cake, Scrambled eggs, bacon, yogurt & toppings	Muffin, sausage, scrambled eggs, oatmeal & toppings	Sausage Gravy and Biscuits, scrambled eggs and hashbrowns	Continental, Assorted Breakfast Bread, Yogurt, oatmeal
Beverage		Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice
Fruit		Kiwi Slices	Applesauce	Cantaloupe	Whole Fruit	Orange slices	Whole fruit
Lunch		Monte Cristo Sandwich, Tomato Basil Soup	Butter Chicken Pocket, hummus	Oven Roasted Beef Stew	Sweet Hawaiian Teriyaki Chicken Sandwich, slaw,	Quesadilla, Chicken tortilla soup, chips and salsa	
Salad		Sand toppings, veggie sticks	Veggie sticks	Tossed Salad	Toppings, veggie sticks	Toppings	
Bread			House made naan	House made French bread	House made buns		
Dessert		Choc chip cookie	Fresh Fruit Salad	Double choc cookie	Pineapple Coconut Bars	Snickerdoodles	
Beverage							
Dinner	Homemade Pizza, Pepperoni, 3 cheese, hawaiian, supreme	Maple Glazed Pork Loin, Oven Roasted Potatoes, Gravy, Fresh Green Beans	Fish and Chicken Tacos, fruit salsa, slaw, chips and house made salsa	Chicken Alfredo, Oven roasted Broccoli	Thai Coconut Curried Chicken, Rice, Zucchini	House made Hamburgers, Chili onion relish, fresh cut potato wedges	
Salad	Tossed Salad	Tossed Salad	Toppings, slaw	Tossed Salad	Tossed Salad	Tossed Salad	
Bread		House made Rolls		Garlic Bread	House made naan	House made Buns	
Dessert	Brownie Sunday	Rustic Fruit Tart	Angel Food Cake w/Strawberries	Tiramisu Cake	Mango Sorbet	Chocolate cupcake	
Beverage							