

PLEASE DO NOT FORGET TO PUT YOUR NAME AND APT/COTTAGE NUMBER ---PLEASE TURN IN BY WEDNESDAY---

NAME:

APARTMENT/COTTAGE NUMBER:

9 MAY- 15 MAY	BREAKFAST HOURS 7:00AM TO 8:30AM					PLEASE CIRCLE DELIVERY IF YOU WANT YOUR MEAL DELIVERED FOR 1.50 FEE				
	LUNCH & DINNER PICK-UP HIGH-RISE: 10:00 A.M. TO 1:00 P.M.					DELIVERY				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
5/9/2021	5/10/2021	5/11/2021	5/12/2021	5/13/2021	5/14/2021	5/15/2021				

BREAKFAST

<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE		
	BREAKFAST TACOS, FRESH-FRUIT CUP AND ARROZ CON LECHE		SAUSAGE, EGG AND CHEESE CROISSANT WITH FRESH-FRUIT CUP AND YOGURT		BREAKFAST HAM, SCRAMBLED EGGS WITH FRENCH TOAST, CEREAL AND FRESH-FRUIT CUP		OMELET WITH ONIONS, MUSHROOMS, BELL PEPPERS AND FRESH-FRUIT CUP AND OATMEAL		BREAKFAST TACOS, FRESH-FRUIT CUP AND ARROZ CON LECHE		SAUSAGE, EGG AND CHEESE CROISSANT WITH FRESH-FRUIT CUP AND YOGURT		BREAKFAST HAM, SCRAMBLED EGGS WITH FRENCH TOAST, CEREAL AND FRESH-FRUIT CUP

LUNCH AND DINNER

HAPPY EASTER

<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE	<input type="checkbox"/>	OPTION ONE			
<p align="center">MOTHERS DAY SPECIAL PLEASE DO NOT FORGET TO TURN IN YOUR MOTHERS DAY MEAL REQUEST. PICK UP AREA IN THE PRIVATE DINING ROOM FROM 10AM TO 1PM</p>			HOT DOG		GINGER SALMON SALAD		BBQ BACON BURGER		QUICHE LORRAINE		TURKEY SANDWICH WITH CRANBERRY MAYO		CHEF SALAD	
	<input type="checkbox"/>	OPTION TWO	<input type="checkbox"/>	OPTION TWO	<input type="checkbox"/>	OPTION TWO	<input type="checkbox"/>	OPTION TWO	<input type="checkbox"/>	OPTION TWO	<input type="checkbox"/>	OPTION TWO	<input type="checkbox"/>	OPTION TWO
		ROASTED CHOPPED STEAK SAUTEED MUSHROOMS AND ONIONS, OVEN-ROASTED POTATOES AND GRILLED ASPARAGUS		GRILLED CHICKEN THIGH SAUTEED SPINACH AND ROASTED PARMESAN TOMATO HALF		GRILLED SHRIMP LEMON-PARSLEY-BROWN RICE AND SAUTEED ZUCCHINI AND SQUASH		BUDDAH BOWL BROWN RICE, ASSORTED ROASTED VEG, SLICED CHICKEN, TAHINI SAUCE		FISH TACO CORN TORTILLAS & AVOCADO CREMA, FRESH SLAW, CILANTRO-LIME AND BROWN RICE		GRILLED PORK CHOPS GREEN BEANS AND HERB-ROASTED RED POTATOES		
<input type="checkbox"/>	OPTION THREE	<input type="checkbox"/>	OPTION THREE	<input type="checkbox"/>	OPTION THREE	<input type="checkbox"/>	OPTION THREE	<input type="checkbox"/>	OPTION THREE	<input type="checkbox"/>	OPTION THREE	<input type="checkbox"/>	OPTION THREE	
	CHICKEN ENCHILADAS WITH CHILI CON CARNE SPANISH RICE AND REFRIED BEANS		WIENER-SCHNITZEL MASHED POTATOES AND RED CABBAGE		SALMON PICCATA HERBED RICE, SAUTEED ZUCCHINI MEDLEY		CARVED TURKEY CORNBREAD DRESSING AND CAULIFLOWER AND CHEESE		SPAGHETTI & MEATSAUCE GARLIC BREAD, PEAS WITH CARROTS		SHRIMP BOIL CARROTS, RED POTATOES, CELERY AND CORN ON THE COBB			

HEART HEALTHY

Highlighted items-HEART HEALTHY meals will address many nutritional concerns. The selection will incorporate a variety of food groups, while remaining low in calories and nutrients of concern, like sodium, saturated fat, trans fats, refined grains, and added sugar. By including lean protein, fiber-rich whole grains or complex starches, and fresh vegetables, they may help support your goals to control weight, cholesterol, blood pressure, and blood sugar.

FOLLOWING ITEMS WILL BE AVAILABLE AT YOUR DESIGNATED PICK UP AREAS, PLEASE SELECT 1 PER CATEGORY PER MEAL				
BEVERAGE	WHOLE FRUIT	BAGGED CHIPS	DESSERT	SOUP OR SALAD
MILK WATER JUICE	APPLE ORANGE BANANA	REGULAR CHIPS BAKED CHIPS	DAILY DESSERT SPECIAL	SOUP OF THE DAY SALAD OF THE DAY
DESSERT CART AVAILABLE IN THE PRIVATE DINING ROOM MONDAY THRU FRIDAY 10:00 A.M. TO 1:00 P.M.				