

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

**NAME:**

**APARTMENT/COTTAGE NUMBER:**

14 AUGUST- 20  
AUGUST

**BREAKFAST HOURS 7:30 AM TO 9:00 AM**  
**LUNCH AND DINNER PICK-UP WELLNESS LOBBY: 11:00 A.M TO 1:00 P.M.**

PLEASE CIRCLE DELIVERY IF YOU WANT YOUR MEAL DELIVERED FOR 1.50 FEE

**DELIVERY**

<b>SUNDAY</b> 8/14/2022	<b>MONDAY</b> 8/15/2022	<b>TUESDAY</b> 8/16/2022	<b>WEDNESDAY</b> 8/17/2022	<b>THURSDAY</b> 8/18/2022	<b>FRIDAY</b> 8/19/2022	<b>SATURDAY</b> 8/20/2022
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<input type="checkbox"/> <b>OPTION ONE</b> BACON, EGGS AND CHEESE CROISSANT	<input type="checkbox"/> <b>OPTION ONE</b> SCRAMBLED EGGS BOWL	<input type="checkbox"/> <b>OPTION ONE</b> BREAKFAST TACOS	<input type="checkbox"/> <b>OPTION ONE</b> 2 PANCAKES, SCRAMBLED EGGS AND BACON	<input type="checkbox"/> <b>OPTION ONE</b> BREAKFAST MONTE CRISTO	<input type="checkbox"/> <b>OPTION ONE</b> DENVER OMELETTE WITH DICED POTATOES AND SAUSAGE PATTY	<input type="checkbox"/> <b>OPTION ONE</b> SAUSAGE, EGGS AND CHEESE ENGLISH MUFFIN
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**LUNCH AND DINNER**

<input type="checkbox"/> <b>OPTION ONE</b> SAUTEED SHRIMP WITH BASMATI RICE AND SNAP PEAS	<input type="checkbox"/> <b>OPTION ONE</b> PECAN CRUSTED TROUT WITH BROWN RICE AND SAUTEED CARROTS WITH PEAS	<input type="checkbox"/> <b>OPTION ONE</b> GROUND TURKEY TACO SALAD	<input type="checkbox"/> <b>OPTION ONE</b> HERBED PORK MARSALA WITH BARLEY AND STEAMED BROCCOLI	<input type="checkbox"/> <b>OPTION ONE</b> CHOPPED STEAK WITH QUINOA AND GREEN BEANS	<input type="checkbox"/> <b>OPTION ONE</b> BLACKENED CHICKEN THIGH CAESAR SALAD	<input type="checkbox"/> <b>OPTION ONE</b> BAKED COD WITH LEMON-CAPER SAUCE WITH WILD RICE AND OVEN ROASTED BRUSSEL SPROUTS
<input type="checkbox"/> <b>OPTION TWO</b> MEATLOAF WITH SCALLOPED POTATOES AND GREEN BEANS	<input type="checkbox"/> <b>OPTION TWO</b> BBQ BRISKET PLATE WITH BAKED BEANS AND COLESLAW	<input type="checkbox"/> <b>OPTION TWO</b> POT-STICKERS WITH FRIED RICE AND STIR-FRY VEGETABLES	<input type="checkbox"/> <b>OPTION TWO</b> CHICKEN CURRY WITH RICE AND BUTTERED CARROTS	<input type="checkbox"/> <b>OPTION TWO</b> GRILLED BRATWURST WITH BELL PEPPERS & ONIONS AND PEAS WITH MUSHROOMS	<input type="checkbox"/> <b>OPTION TWO</b> BEEF & CHICKEN FAJITAS WITH TORTILLAS AND SPANISH RICE AND REFRIED BEANS	<input type="checkbox"/> <b>OPTION TWO</b> COUNTRY FRIED CHICKEN WITH COUNTRY GRAVY MASHED POTATOES AND STEAMED BROCCOLI

**HEART HEALTHY**

**PLEASE ASK YOUR SERVER FOR DAILY SPECIALS---- RESERVATION LINE 5476**

**FRUIT, SALAD, SOUP, YOGURT, BEVERAGES, DESSERT AND MORE ARE AVAILABLE TO PURCHASE IN THE WELLNESS LOUNGE FROM THE GRAB N' GO**

