



## Sample Menu

### Breakfast

Oatmeal or cold cereal  
Biscuits and sausage gravy  
Scrambled eggs with cheese

### Lunch

Cilantro Lime Chicken with fiesta rice + zucchini  
Soup du jour: chicken jambalaya.  
Dessert: pears a'la creme

### Dinner

Chicken Salad sandwich with potato salad  
Soup du jour: vegetable barley  
Freshly baked hot cookie