

# Week Day Menu

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

## RICA'S Window Café

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

Week IV



**GOOD  
FOOD  
is  
GOOD  
MOOD**

**Monday, Mar. 2, 2026**

### Breakfast

Cheese Omelet 1 ea  
WW Toast 2 sl  
Jelly/Marg 1 ea  
Asst. Cereal 1 oz  
100% Fruit Punch 4 oz  
Mandarin Orange ½ cup  
Choice of Milk 8 oz

### Lunch

Lasagna Roll 2 ea  
W/Marinara Sauce 2 oz  
WW Bread Stick 1 ea  
**Or**  
Turkey Sandwich or  
Yogurt 1 ea  
+  
Vegetable Blend ½ cup  
Lemon Pepper Broccoli  
½ cup  
Grapes ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Tuesday, Mar. 3, 2026**

### Breakfast

Fruit & Yogurt Parfait 1 ea  
Oatmeal w/Topping 1 cup  
100% Apple Cranberry 4 oz  
Chilled Peaches ½ cup  
Choice of Milk 8 oz

### Lunch

Chili 1 cup  
WG Crackers 2 pks  
Shr. Cheese/Sour Cream 1 oz ea  
**Or**  
SB & J Sandwich/Cheese Stick Or  
Yogurt 1 ea  
+  
Tossed Salad 1 cup  
Asst. Low Fat Dressing 2 oz  
Corn Bread 1 sv  
Honey/Marg 1 pk ea  
Frozen Fruit Treat 1 sv  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Wed., Mar. 4, 2026**

### Breakfast

Chocolate Chip Muffin 1 ea  
Turkey Bacon 2 sl  
Asst. Cereal 1 oz  
100% Orange Juice 4 oz  
Fresh Banana 1 ea  
Choice of Milk 8 oz

### Lunch

WG Chicken Nuggets 5 ea  
Asst. Sauce 2 pks  
WW Roll/Marg 1 ea  
**Or**  
Turkey Ham Sandwich or  
Yogurt 1 ea  
+  
Baked Seasoned Fries ½ cup  
Ketchup 2 pks  
Baked Beans ½ cup  
Apple Slices  
W/Caramel ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Thursday, Mar. 5, 2026**

### Breakfast

Cinnamon Roll 1 ea  
Asst. Cereal 1 oz  
100% Apple Juice 4 oz  
Pears in Juice ½ cup  
Choice of Milk 8 oz

### Lunch

Lemon Baked Tilapia 1 ea  
Tartar Sauce/Hot Sauce 1 ea  
WW Biscuit w/Jelly 1 ea  
**Or**  
Turkey Sandwich or  
Yogurt 1 ea  
+  
Baked Potato Bar 1 sv  
Bacon, Sour Cream, Green  
Onion, Shr. Cheese 1 oz ea  
Scandinavian Blend ½ cup  
Strawberries w/Topping ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Friday, Mar. 6, 2026**

### Breakfast

Turkey Sausage Patty 1 oz  
Lite Cheese ½ oz  
On WW English Muffin 1 ea  
Asst. Cereal 1 oz  
100% Fruit Punch Juice 4 oz  
Pink Grapefruit ½ ea  
Choice of Milk 8 oz

### Lunch

Baked Pork Chop 1 sv  
W/Gravy 1 oz  
**Or**  
SB & J Sandwich/Cheese  
Stick Or Yogurt 1 ea  
+  
Mashed Potatoes ½ cup  
Green Beans ½ cup  
WW Roll/Marg 1 ea  
Hot Spiced Apple ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz