

# Week Day Menu

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

*RICA'S Window Café*

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

Week III



**GOOD  
FOOD  
is  
GOOD  
MOOD**

**Monday, Mar. 24, 2025**

## Breakfast

Hard Boiled Egg 1 ea.  
Blueberry WG Muffin 1 ea  
Asst. Cereal 1 oz  
100% Apple Cranberry 4 oz  
Peaches in Juice ½ cup  
Choice of Milk 8 oz

## Lunch

Grilled Cheese 1 ea  
(WW Bread 2 sl, Cheese 1 oz)  
Cheese Stick 1 ea  
Or  
**Turkey Ham Sandwich or  
Yogurt 1 ea**  
+  
Caesar Salad 1 cup  
W/Caesar dressing 2 oz  
Creamy Vegetable  
Chowder 1 cup  
WG Crackers 1 pk  
Frozen Treats 1 ea  
Choice of Fresh Fruit Basket 1 sv  
Choice of Milk 8 oz

**Tuesday, Mar. 25, 2025**

## Breakfast

Cinnamon Raisin Bagel 1 ea  
Lite Cream Cheese 1 oz  
Asst. Cereal 1 oz  
100% Orange Juice 4 oz  
Pears in Juice ½ cup  
Choice of Milk 8 oz

## Lunch

WW Spaghetti 1 cup  
W/Meat Sauce or  
Marinara Sauce ½ cup  
Parmesan Cheese 1 pk  
Or  
**Turkey Sandwich or  
Yogurt ea**  
+  
Seasoned Cauliflower ½ cup  
Baby Carrots ½ cup  
Apple Slices ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Wed., Mar. 26, 2025**

## Breakfast

WW French Toast Sticks 4 ea  
Syrup/Marg 1 ea  
Turkey Sausage Links 2 ea  
Asst. Cereal 1 oz  
100% Apple Juice 4 oz  
Pineapples in Juice ½ cup  
Choice of Milk 8 oz

## Lunch

Chicken Quesadilla 1 ea  
(Meat/Cheese 3 oz,  
2 Tortillas)  
Salsa/Sour Cream 1 oz ea  
Or  
**SB & J Sandwich/Cheese  
Stick 1 ea or Yogurt 1 ea**  
+  
LS Pinto Beans ½ cup  
Corn ½ cup  
Mandarin Oranges ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Thurs., Mar. 27, 2025**

## Breakfast

Berry Berry Smoothie 8 oz  
Granola Bar 1 ea  
Asst. Cereal 1 oz  
100% Fruit Punch 4 oz  
Banana 1 ea  
Choice of Milk 8 oz

## Lunch

Hamburger 3 oz  
On WW Bun 1 ea  
Lettuce, Tomatoes,  
Onions ½ cup  
Or  
**Turkey Ham Sandwich or  
Yogurt 1 ea**  
+  
Mustard, Mayo 1 ea  
Seasoned Fries ½ cup  
Ketchup 2 pks  
Cheesy Broccoli ½ cup  
Fresh Melons ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz

**Friday, Mar. 28, 2025**

## Breakfast

Breakfast Pizza 1 sv  
Asst. Cereal 1 oz  
100% Apple Cranberry 4 oz  
Strawberries ½ cup  
Choice of Milk 8 oz

## Lunch

Lemon Baked Tilapia 1 ea  
Tarter 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,  
Shr. Cheese,  
Green Onion 1 oz ea  
Seasoned Green Beans ½ cup  
Fruit Plate ½ cup  
Choice of Fresh Fruit  
Basket 1 sv  
Choice of Milk 8 oz