

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, Dec. 1, 2025

Breakfast

Fried 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, Dec. 2, 2025

Breakfast

WW Pancakes 2 ea
Syrup 1 oz/Marg 1 tsp
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
Mandarin Oranges ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed., Dec. 3, 2025

Breakfast

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

Lunch

Turkey Burger 3 oz
On WW Bun 1 ea
Lettuce, Tomatoes,
Onions ½ cup
Mustard/Mayo 1 ea
Or
**SB & J Sandwich/Cheese
Stick 1 ea or Yogurt 1 ea**
+
Sweet Potato Fries ½ cup
Ketchup 2 pks
Fresh Melons ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thurs., Dec. 4, 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

Chicken Parmesan 1 sv
WW Penne Pasta 1 cup
Or
**Turkey Ham Sandwich or
Yogurt 1 ea**
+
Steamed Carrots ½ cup
Green Salad 1 cup
Asst. Low Fat Dressing 2 oz
Fresh Strawberries ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Dec. 5, 2025

Breakfast

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

Lunch

Tuna Salad 3 oz
On WW Toast 2 sl
Lettuce, Tomato, Onion ½ cup
Or
**Turkey Sandwich or
Yogurt 1 ea**
+
Baked Chips 1 bag
Celery w/Lite Ranch 1 sv
Fruit Plate ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz