

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
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GOOD
MOOD

Monday, Dec. 8, 2025

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
Steamed Broccoli ½ cup
Grapes ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Tuesday, Dec. 9, 2025

Breakfast

Fruit & Yogurt Parfait 1 ea
Asst. Cereal 1 oz
100% Apple Cranberry 4 oz
Chilled Peaches ½ cup
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

Wed., Dec. 10, 2025

Breakfast

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

Lunch

Chili 1 cup
WG Crackers 2 pks
Shr. Cheese/Sour Cream
1 oz ea

Or

**Turkey Ham Sandwich or
Yogurt 1 ea**

+

Tossed Salad 1 cup
Asst. Low Fat Dressing 2 oz
Corn Bread 1 sv
Honey/Marg 1 pk ea
Apple Slices ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thursday, Dec. 11, 2025

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
Sautéed Green Beans ½ cup
Strawberries w/Topping ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Dec. 12, 2025

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

BBQ Chicken 1 sv
WW Egg Noodles 1 cup

Or

**SB & J Sandwich/Cheese
Stick Or Yogurt 1 ea**

+

Baked Beans ½ cup
Steamed Corn ½ cup
Frozen Fruit Treat 1 sv
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz