

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
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GOOD
MOOD

Monday, Oct. 6, 2025

Breakfast

WW Bagel 1 ea
Cream Cheese 1 ea
Asst. Cereal 1 oz
100% Apple Cranberry 4 oz
Peaches in Juice ½ cup
Choice of Milk 8 oz

Lunch

WW Spaghetti 1 cup
W/Marinara Sauce or
Alfredo ½ cup
WW Garlic Bread Stick 1 ea

Or

SB & J Sandwich/Cheese
Stick 1 ea or Yogurt 1 ea

+

Vegetable Blend ½ cup
Garden Salad 1 cup
Asst. Low Fat Dressing 2 oz
Cantaloupe ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Tuesday, Oct. 7, 2025

Breakfast

WW Pancakes 2 ea
Syrup 1 oz/Marg 1 tsp
Turkey Bacon 2 sl
Asst. Cereal 1 oz
100% Orange Juice 4 oz.
Chilled Pineapples ½ cup
Choice of Milk 8 oz

Lunch

Turkey Salad
(Meat 3 oz; Veg ½ cup)
On Toasted WW Croissant 1 sv
Lite Mayo 1 pk

Or

Turkey Sandwich or
Yogurt 1 ea

+

Lettuce, Tomato, Onion ½ cup
Raw Baby Carrots ½ cup
Baked Potato Chips 1 bag
Grapes ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed, Oct. 8, 2025

Breakfast

Banana Bread 1 sv
Asst. Cereal 1 oz
100% Apple Juice 4 oz
Fruit Cocktail in Juice ½ cup
Choice of Milk 8 oz

Lunch

Spicy Nachos 1 sv
(Meat 2 oz, WG Nacho Chips,
Salsa, Shr. Cheese, Sour
Cream 1 oz ea)
Tossed Salad 1 cup
Asst. Low Fat Dressing 2 oz

Or

SB & J Sandwich/Cheese
Stick 1 ea or Yogurt 1 ea

+

Mexican Rice ½ cup
LS Pinto Beans ½ cup
Fresh Pineapples ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Thurs, Oct. 9, 2025

Breakfast

Sausage & Cheese 1½ oz
On WW English Muffin 1 ea
Asst. Cereal 1 oz
100% Grape Juice 4 oz
Pears in Juice ½ cup
Choice of Milk 8 oz

Lunch

Chix Broccoli Alfredo 1½ cup
(WW Penne 1 cup)
WW Bread w/Marg 1 ea

Or

Turkey Sandwich or
Yogurt 1 ea

+

Tossed Salad 1 cup
Asst. Low Fat Dressing 2 oz
Kiwi ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Oct. 10, 2025

Breakfast

Berry Berry Smoothie 8 oz
Asst. Cereal 2 ea
100% Apple Cranberry 4 oz
Fresh Banana 1 ea
Choice of Milk 8 oz

Lunch

Philly Cheese Steak Sub 1 ea
(Meat/Cheese 3 oz,
WW Sub 1 ea)
Shr. Lettuce, Tomato &
Onion ½ cup

Or

Turkey Ham Sandwich
Or Yogurt 1 ea

+

Baked Seasoned Fries ½ cup
Ketchup 2 pks
Fruit Plate ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz