

Life Spire Menu 7/12-7/19

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MILK AND 100% FRUIT JUICE OFFERED AT ALL MEALS

SUNDAY	MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>Breakfast</u></p> <p>Buttermilk biscuit & sausage gravy, hash browns, fruit cup</p> <p>10am Snack Orange wedges</p>	<p><u>Breakfast</u></p> <p>Waffle with powdered sugar and syrup, bacon strip, cantaloupe wedge</p> <p>10am Snack Peanut butter & pretzels</p>	<p><u>Breakfast</u></p> <p>Denver egg casserole, hash browns, toast</p> <p>10am Snack yogurt</p>	<p><u>Breakfast</u></p> <p>Fried egg, sausage link, fried potatoes, orange slices</p> <p>10am Snack Grapes & cheese</p>	<p><u>Breakfast</u></p> <p>Basted eggs, avocado slices, romano cheese on grilled brioche, pan baked potato cubes</p> <p>10am Snack Granola bar</p>	<p><u>Breakfast</u></p> <p>Brioche french toast, fresh strawberries and bananas, caramelized brown sugar butter sauce, whipped cream, bacon</p> <p>10am Snack prunes</p>	<p><u>Breakfast</u></p> <p>Breakfast skillet-bacon, sausage, diced ham, green bell peppers, onion tomatoes & melted cheese over country potatoes topped with fried egg</p> <p>10am Snack Cheese sticks</p>	<p><u>Breakfast</u></p> <p>Yogurt parfait with granola, sausage patty, muffin</p> <p>10am Snack Graham crackers & peanut butter</p>
<p><u>Lunch</u></p> <p>Glazed ham, scalloped potatoes, mixed veggies, roll Or toasted turkey and cheddar</p> <p>Dessert Carrot cake cupcake</p> <p>2pm Snack cheese & crackers</p>	<p><u>Lunch</u></p> <p>Spaghetti & meatballs, side house salad, garlic bread</p> <p>Dessert ambrosia</p> <p>2pm Snack Cheese stick</p>	<p><u>Lunch</u></p> <p>Beef tacos, homemade salsa, spanish rice, calabasitas with corn Or ham and cheese sandwich</p> <p>Dessert Fruit jello</p> <p>2pm Snack popcorn</p>	<p><u>Lunch</u></p> <p>Grilled hot dog, chips, potato salad, pickle Or Ham & cheese sandwich</p> <p>Dessert watermelon</p> <p>2pm Snack Cheese and crackers</p>	<p><u>Lunch</u></p> <p>Fish tacos, crisp coleslaw, pickles, veggies, spicy sauce with corn tortillas Or Ham sandwich</p> <p>Dessert Chocolate cake with chocolate frosting</p> <p>2pm Snack Chips & salsa</p>	<p><u>Lunch</u></p> <p>Meatloaf, grilled diced veggies, mashed potatoes, tomato & cottage cheese Or Chicken salad</p> <p>Dessert Almond cookie</p> <p>2pm Snack Frozen grapes</p>	<p><u>Lunch</u></p> <p>Grilled chicken with artichokes, sauteed spinach, tomatoes & lemon butter, rice pilaf, crackers or Turkey sandwich</p> <p>Dessert Chocolate creme pie</p> <p>2pm Snack popcorn</p>	<p><u>Lunch</u></p> <p>Hamburger steak, green beans, whipped sweet potato with cinnamon & brown sugar, cucumber vignette salad</p> <p>Dessert Lemon meringue pie</p> <p>2pm Snack Oatmeal cookie</p>
<p><u>Dinner</u></p> <p>Split pea soup, egg salad sandwich, chopped ranch salad Or turkey bacon ranch sandwich</p> <p>Dessert Lemon pie</p>	<p><u>Dinner</u></p> <p>Chicken tenders, sweet potato fries, fried okra, dinner roll Or PB&J</p> <p>Dessert Ice cream cone</p>	<p><u>Dinner</u></p> <p>Green chile enchiladas, beans, side garnish</p> <p>Dessert cheesecake</p>	<p><u>Dinner</u></p> <p>Hot turkey & green chile sandwich, tomato soup</p> <p>Dessert Strawberry shortcake</p>	<p><u>Dinner</u></p> <p>Mac & cheese, battered chicken tenders, mustard aioli, green salad with tomatoes & jicama Or Turkey avocado salad</p> <p>Dessert oatmeal cookie</p>	<p><u>Dinner</u></p> <p>French dip (beef, melted swiss, frizzled onions) au jus, potato salad with veggies Or Peanut butter & jelly</p> <p>Dessert Peanut butter pie</p>	<p><u>Dinner</u></p> <p>Pot roast, mashed potatoes & gravy, carrots, texas toast</p> <p>Dessert Blueberry pound cake</p>	<p><u>Dinner</u></p> <p>Tossed cob salad (romaine lettuce arugula chicken avocado Blue cheese, boiled eggs, tomatoes, green onion & bacon) croissant</p> <p>Dessert Homemade Lemon cake</p>