

# EPINSS WEEKLY MENU – 4

|                                                          | <b>BREAKFAST: 7:30 AM - 9:00AM</b>                                                                                                                                                                                                                                                          | <b>LUNCH: 11:30 AM – 1:00PM</b>                                                                                                                                                                            | <b>DINNER: 4:30 PM – 6:00 PM</b>                                                                                                                                                              |
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| <b>M<br/>o<br/>n<br/>d<br/>a<br/>y</b>                   | <p style="text-align: center;"><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>*ASSORTED HOT &amp; COLD CEREALS</li> <li>*YOGURT*COTTAGE CHEESE</li> <li>*TOAST (WHITE/WHOLEWHEAT)</li> <li>*JAMS or PB or CHEEZEWIZ</li> <li>*TEA OR COFFEE</li> <li>* FRUIT JUICES</li> </ul> | <p style="text-align: center;"><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>* SMOKEYS WITH ONION &amp; PEPPERS</li> <li>*SOUP</li> <li>*SALAD</li> <li>*FRESH FRUIT</li> </ul>                  | <p style="text-align: center;"><b>DINNER</b></p> <ul style="list-style-type: none"> <li>* GRILLED CHICKEN WITH MUSHROOM SAUCE</li> <li>* EGG NOODLES</li> <li>*SEASONAL VEGETABLES</li> </ul> |
| <b>T<br/>u<br/>e<br/>s<br/>d<br/>a<br/>y</b>             | <p style="text-align: center;"><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>*ASSORTED HOT &amp; COLD CEREALS</li> <li>*YOGURT*COTTAGE CHEESE</li> <li>*TOAST (WHITE/WHOLEWHEAT)</li> <li>*JAMS or PB or CHEEZEWIZ</li> <li>*TEA OR COFFEE</li> <li>* FRUIT JUICES</li> </ul> | <p style="text-align: center;"><b>PUB LUNCH</b></p> <ul style="list-style-type: none"> <li>* DRY RIBS, MAC &amp; CHEESE BITES</li> <li>*POTATO &amp; BARLEY SALAD</li> <li>*FRESH FRUIT</li> </ul>         | <p style="text-align: center;"><b>DINNER</b></p> <ul style="list-style-type: none"> <li>* SWEDISH MEATBALLS</li> <li>* MASHED POTATO/ GRAVY</li> <li>* SEASONAL VEGETABLES</li> </ul>         |
| <b>W<br/>e<br/>d<br/>n<br/>e<br/>s<br/>d<br/>a<br/>y</b> | <p style="text-align: center;"><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>*ASSORTED HOT &amp; COLD CEREALS</li> <li>*YOGURT*COTTAGE CHEESE</li> <li>*TOAST (WHITE/WHOLEWHEAT)</li> <li>*JAMS or PB or CHEEZEWIZ</li> <li>*TEA OR COFFEE</li> <li>* FRUIT JUICES</li> </ul> | <p style="text-align: center;"><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>* CHICKEN QUSEDILLAS</li> <li>* SOUP DU JOUR</li> <li>* QUINOA SALAD</li> <li>*FRESH FRUIT</li> </ul>               | <p style="text-align: center;"><b>DINNER</b></p> <ul style="list-style-type: none"> <li>* GRILLED TILAPIA</li> <li>* RICE</li> <li>* ASIAN SAUCE</li> <li>* SEASONAL VEGETABLES</li> </ul>    |
| <b>T<br/>h<br/>u<br/>r<br/>s<br/>d<br/>a<br/>y</b>       | <p style="text-align: center;"><b>BREAKFAST</b></p> <ul style="list-style-type: none"> <li>*ASSORTED HOT &amp; COLD CEREALS</li> <li>*YOGURT*COTTAGE CHEESE</li> <li>*TOAST (WHITE/WHOLEWHEAT)</li> <li>*JAMS or PB or CHEEZEWIZ</li> <li>*TEA OR COFFEE</li> <li>* FRUIT JUICES</li> </ul> | <p style="text-align: center;"><b>LUNCH</b></p> <ul style="list-style-type: none"> <li>* GRILLED HAM &amp; CHEESE SAND</li> <li>* SOUP DU JOUR</li> <li>* COUSCOUS SALAD</li> <li>* FRESH FRUIT</li> </ul> | <p style="text-align: center;"><b>DINNER</b></p> <ul style="list-style-type: none"> <li>* CHICKEN A LA KING</li> <li>* WHOLEWHEAT PASTA</li> <li>* SPINACH SALAD</li> </ul>                   |

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| F<br>r<br>i<br>d<br>a<br>y           | <b>BREAKFAST</b><br>*ASSORTED HOT & COLD CEREALS<br>*YOGURT*COTTAGE CHEESE<br>*TOAST (WHITE/WHOLEWHEAT)<br>*JAMS or PB or CHEEZEWIZ<br>*TEA OR COFFEE<br>* FRUIT JUICES | <b>LUNCH</b><br>* BEEF BURGERS<br>* FRIES<br>* SALAD<br>*FRESH FRUIT                                                            | <b>DINNER</b><br>* PORK STEW<br>* ROASTED BABY POTATO<br>* MULTIGRAIN BABY BUNS                 |
| S<br>a<br>t<br>u<br>r<br>d<br>a<br>y | <b>BREAKFAST</b><br>*ASSORTED HOT & COLD CEREALS<br>*YOGURT*COTTAGE CHEESE<br>*TOAST (WHITE/WHOLEWHEAT)<br>*JAMS or PB or CHEEZEWIZ<br>*TEA OR COFFEE<br>* FRUIT JUICES | <b>BRUNCH</b><br>* BACON, SAUSAGES<br>* FRIED EGGS<br>*WHOLEGRAIN TOAST<br>* TATERTOTS POTATO<br>*ASSORTED FRESH FRUIT          | <b>DINNER</b><br>* TURKEY SCHNITZELS<br>* SCALLOPED POTATO<br>* SEASONAL VEGETABLES             |
| S<br>u<br>n<br>d<br>a<br>y           | <b>BREAKFAST</b><br>*ASSORTED HOT & COLD CEREALS<br>*YOGURT*COTTAGE CHEESE<br>*TOAST (WHITE/WHOLEWHEAT)<br>*JAMS or PB or CHEEZEWIZ<br>*TEA OR COFFEE<br>* FRUIT JUICES | <b>BRUNCH</b><br>*BACON, SAUSAGES PATTY<br>* POACHED EGGS<br>*WHOLEGRAIN TOAST<br>*FRENCH TOAST/ SYRUP<br>*ASSORTED FRESH FRUIT | <b>DINNER</b><br>*(BEEF) MEATBALLS WITH<br>HONEY GARLIC SAUCE<br>* RICE<br>*SEASONAL VEGETABLES |

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