

Eagle Hill Cafe

MONDAY

Breakfast:

Egg McMuffin w/ Cheese
Browned Potatoes, Sausage Patties
Fruit, Yogurt, Oatmeal

Lunch:

Spicy Tortilla Soup-V
Beef Tacos w/ Salsa
Vegetable Tacos w/ Salsa-V
Arroz Verde-V, Sauteed Yellow Squash-V
Cous Cous Salad w/ Cranberries-V

Dinner: Hot Soup
B.B.Q Missouri Ribs
Roasted White Creamers-V
Herbed Egg Noodles-V
Peas & Carrots-V

TUESDAY

Breakfast:

French Toast w/ Syrup
Fruit, Yogurt, Home Fries, Bacon
Cream of Wheat

Lunch:

Potato, Leek & Turnip Soup-V
B.B.Q Chicken Wraps
Broccoli & Cheese Quiche-V
Onion Rings-V, Sauteed Okra-V
Gnocchi Pasta w/ Pesto Sauce-V

Dinner: Hot Soup
Round Pizza w/ Cheese or Pepperoni
Mozzarella Sticks w/ Marinara-V
Fried Calamari, Sauteed Zucchini-V

WEDNESDAY

Breakfast:

Ham, Egg & Cheese on Bagel
Tater Tots, Fruit, Yogurt
Oatmeal

Lunch:

Roasted Red Pepper Bisque Soup-V
Marinated Flank Steak
Bowtie Primavera-V, Veggie Spring Rolls-V
Roasted Artichokes-V
Cellophane Noodles w/ Grilled Tofu Salad-V

Dinner: Hot Soup
Breaded Pork Chops w/ Applesauce
Brown Rice Pilaf-V, Eggplant Parmigiana-V
Stewed Tomatoes-V

THURSDAY

Breakfast:

Blueberry Pancakes w/ Syrup
Cream of Wheat, Sausage Links
Fruit, Yogurt

Lunch:

Chicken Matzo Ball Soup
Cheese Lasagna w/ Marinara Sauce-V
Rosemary Focaccia Bread-V
Sausage & Peppers, Acorn Squash-V
Sweet Potato Salad-V

Dessert: Chocolate Cake w/ Frosting

Dinner: Hot Soup
Steak-umms w/ Cheese
Potato Skins w/ Toppings, Pasta w/Spinach
& Tomatoes-V, Steamed Carrots-V

FRIDAY

Breakfast:

Omelettes to Order
Fruit, Yogurt, Oatmeal
Sausage Patties

Lunch:

No Lunch Served
Noon Dismissal

OFFERED DAILY

Complete Salad Bar w/ Toppings
Complete Deli Bar
Selection of Breads & Bagels
Peanut Butter & Jelly Sandwiches
A Variety of Juices and Milk
Fresh Whole Seasonal Hand Fruits
Salad of the Day
V= Vegetarian
Slow Cuisine Item
Food Focus Item

Carlos A. Caban, Chef Manager