

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, Feb. 2, 2026

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

Tuesday, Feb. 3, 2026

Breakfast

Fruit & Yogurt Parfait 1 ea
Oatmeal w/Topping 1 cup
100% Apple Cranberry 4 oz
Chilled Peaches ½ cup
Choice of Milk 8 oz

Lunch

Chili 1 cup
WG Crackers 2 pks
Shr. Cheese/Sour Cream 1 oz ea
Or
SB & J Sandwich/Cheese Stick Or
Yogurt 1 ea
+
Tossed Salad 1 cup
Asst. Low Fat Dressing 2 oz
Corn Bread 1 sv
Honey/Marg 1 pk ea
Frozen Fruit Treat 1 sv
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed., Feb. 4, 2026

Breakfast

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

Lunch

Baked Pork Chop 1 sv
W/Gravy 1 oz
Or
Turkey Ham Sandwich 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

Thursday, Feb. 5, 2026

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
+
Long Grain Wild Rice ½ cup
Cucumber Salad ½ cup
Oven Roasted Vegetable ½ cup
Strawberries w/Topping ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Friday, Feb. 6, 2026

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

WG Chicken Nuggets 5 ea
Asst. Sauce 2 pks
WW Roll/Marg 1 ea
Or
SB & J Sandwich/Cheese
Stick Or Yogurt 1 ea
+
Baked Seasoned Fries ½ cup
Ketchup 2 pks
Baked Beans ½ cup
Apple Slices
W/Caramel ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz