

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
is
GOOD
MOOD**

Monday, June 16, 2025

Breakfast

Hard Boiled Egg 1 ea.
Blueberry WG Muffin 1 ea
Asst. Cereal 1 oz
100% Apple Cranberry 4 oz
Peaches in Juice ½ cup
Choice of Milk 8 oz

Lunch

Grilled Cheese 1 ea
(WW Bread 2 sl, Cheese 1 oz)
Cheese Stick 1 ea
Or
**Turkey Ham Sandwich or
Yogurt 1 ea**
+
Caesar Salad 1 cup
W/Caesar dressing 2 oz
Creamy Vegetable
Chowder 1 cup
WG Crackers 1 pk
Frozen Treats 1 ea
Choice of Fresh Fruit Basket 1 sv
Choice of Milk 8 oz

Tuesday, June 17, 2025

Breakfast

Cinnamon Raisin Bagel 1 ea
Lite Cream Cheese 1 oz
Asst. Cereal 1 oz
100% Orange Juice 4 oz
Pears in Juice ½ cup
Choice of Milk 8 oz

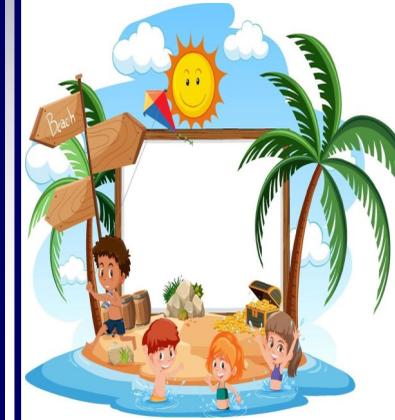
Lunch

WW Spaghetti 1 cup
W/Meat Sauce or
Marinara Sauce ½ cup
Parmesan Cheese 1 pk
Or
**Turkey Sandwich or
Yogurt ea**
+
Seasoned Cauliflower ½ cup
Baby Carrots ½ cup
Apple Slices ½ cup
Choice of Fresh Fruit
Basket 1 sv
Choice of Milk 8 oz

Wed., June 18, 2025



Thurs., June 19, 2025



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Friday, June 20, 2025

