



Breakfast

Includes make-your-own smoothie, fresh fruit, boiled eggs, yogurt, hot/dry cereal, dairy milk, almond/rice milk, toast.

Lunch

Includes salad bar, soup, vegetables of the day, fresh fruit, coffee/tea.

Dinner

Includes salad bar, vegetables of the day, rice, desert or fresh fruit, coffee/tea.

Sun 25-Jun			
Mon 26-Jun	Scrambled Egg Croissants with ham, tomato and cheese on the side	Chicken Pot Pie with tomato basil salad and biscuits. Vegetarian: Veggie Pot Pie,	Baked Ham with scallop potatoes . Vegetarian: Polenta Steaks with Veggie Compote
Tue 27-Jun	Pancakes with bacon with boiled eggs and fresh fruit	Pot Stickers and Triple Pepper Tofu with rice and chow mein	Thai Curry with Chicken or curried tofu, with rice, zucchini, mushrooms and peppers
Wed 28-Jun	Mini Frittata with hashbrowns	Beef Dips with Veggie melts Veggie plate cheese, spinach salad with roasted onion dressing	Salmon with acorn squash, greens, carrots and parsnips
Thu 29-Jun	Eggs Benny made with scrambled eggs, English muffins, hollandaise, spinach, tomatoes	BYO Soup Build Your Own, with miso and chicken broth, meatballs, peas, sprouts, seaweed and baby corn, fresh baguette	Spagetti with Meat or Veggie Balls with house made foccacia bread, grated cheese, caesar salad and grilled vegetables.
Fri 30-Jun	French Toast with Fruit Compote and Sausage	Chicken Wings with potato salad and corn salad. Vegetarian: Brushetta , yum!	BBQ Ribs with Baked Potato, Peas/Carrots and Greens
Sat 1-Jul	Eggs Benny made with scrambled eggs, English muffins, hollandaise, spinach, tomatoes	Mac and Cheese with pita triangles and caesar salsad	Chicken, Southern Baked with rice, Carrots, peppers and corn.. Vegetarian: Polenta Steaks with Veggie Compote



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Dinner

Includes salad bar, vegetables of the day, rice, desert or fresh fruit, coffee/tea.

Sun 2-Jul	Scrambled Egg Croissants with ham, tomato and cheese on the side	Chicken Strips Baked with dipping sauce, kale salad and fries. Vegetarian: Falafel, yum!	Burgers beef and mittlet with roasted potato, fried onions, mushrooms, cheese, tomato and lettuce and warm beet feta salad
Mon 3-Jul	Eggs scrambled and Hashbrowns Eggs scrambled and Hashbrowns also Haven Baking	Sandwiches and Fries with roast beef, ham, and cheese.	Meat Loaf with mashed potatoes and gravy; peas, carrots and corn; rice. Vegetarian: Nut loaf with mashed potatoes and vegetable gravy
Tue 4-Jul	Waffles with fresh fruit, whipped cream and Bacon	Hot Dogs and Fries with spinach salad (sweet roasted nuts, red onion and apple)	Spagetti with Meat or Veggie Balls with house made foccacia bread, grated cheese, caesar salad and grilled vegetables.
Wed 5-Jul	French Toast with Fruit Compote and Sausage	Chicken Wings with potato salad and corn salad. Vegetarian: Falafel, yum!	BBQ Ribs with Baked Potato, Peas/Carrots and Greens. Vegetarian: Tofu Bake with grilled veg yum!
Thu 6-Jul	Eggs Benny made with scrambled eggs, English muffins, hollandaise, spinach, tomatoes	Mac and Cheese with pita triangles and caesar salsad	Chicken, Southern Baked with rice, Carrots, peppers and corn.. Vegetarian: Polenta Steaks with Veggie Compote
Fri 7-Jul	Scrambled Egg Croissants with ham, tomato and cheese on the side	Chicken Strips Baked with dipping sauce, kale salad and fries. Vegetarian: Falafel, yum!	Burgers beef and mittlet with roasted potato, fried onions, mushrooms, cheese, tomato and lettuce and warm beet feta salad
Sat 8-Jul	Eggs scrambled and Hashbrowns Eggs scrambled and Hashbrowns also Haven Baking	Sandwiches and Fries with roast beef, ham, and cheese.	Meat Loaf with mashed potatoes and gravy; peas, carrots and corn; rice



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Sun 9-Jul	Waffles with fresh fruit, whipped cream and Bacon	Hot Dogs and Fries with spinach salad (sweet roasted nuts, red onion and apple)	Roast Chicken with rice, green beans, peppers, roasted yams or potatoes.. Vegetarian: Spinach Pie
Mon 10-Jul	Cheese Bagels with dairy free option and hash browns	Pizza with Caesar salad	Spagetti with Meat or Veggie Balls with house made foccacia bread, grated cheese, caesar salad and grilled vegetables.
Tue 11-Jul	French Toast with Fruit Compote and Sausage	Chicken Wings with potato salad and corn salad	BBQ Ribs with Baked Potato, Peas/Carrots and Greens. Vegetarian: Tofu Bake with grilled veg yum!
Wed 12-Jul	Eggs Benny made with scrambled eggs, English muffins, hollandaise, spinach, tomatoes	Mac and Cheese with pita triangles and caesar salsad	Chicken, Southern Baked with rice, Carrots, peppers and corn.. Vegetarian: Polenta Steaks with Veggie Compote
Thu 13-Jul	Scrambled Egg Croissants with ham, tomato and cheese on the side	Chicken Strips Baked with dipping sauce, kale salad and fries. Vegetarian: Falafel, yum!	Burgers beef and mittlet with roasted potato, fried onions, mushrooms, cheese, tomato and lettuce and warm beet feta salad
Fri 14-Jul	Eggs scrambled and Hashbrowns Eggs scrambled and Hashbrowns also Haven Baking	Sandwiches and Fries with roast beef, ham, and cheese.	Meat Loaf with mashed potatoes and gravy; peas, carrots and corn; rice. Vegetarian: Spinach Pie
Sat 15-Jul	Waffles with fresh fruit, whipped cream and Bacon	Hot Dogs and Fries with spinach salad (sweet roasted nuts, red onion and apple). Vegetarian: Veggie Pizza, garden-fresh	Lasagna meat or veggie, with caesar salad, Fresh Focaccia and saute kale with peppers