WOMEN’S EMMAUS WALK: FEBRUARY 2016

THURSDAY: DINNER

Chicken Cordon Blue

Loaded Mashed Potatoes

Steamed Veggies OR Winter Salad

Wheat Rolls

Dessert (Check Choc. Cups w/Strawberries)

FRIDAY: BREAKFAST

French Toast Bake (Baked Apples for Topping)

Sausage Links

\*Breakfast Bar (Cottage Cheese/Pineapple)

FRIDAY: LUNCH

Salad Bar

Soups (Broccoli Cheese & Chicken Noodle)

Cracker Basket

Dessert Breads & Fruit

FRIDAY: DINNER

Chicken Parmesan w/Bow Tie Pasta & Marinara

Italian Green Beans

Italian Salad

Garlic Sticks

Dessert

SATURDAY: BEAKFAST

Scrambled Eggs

Ham & Cheese Croissant

\*Breakfast Bar (Fruit Pizza)

SATURDAY: LUNCH

Steak Salad

Homemade Poppers

Bread Basket

Brownies

SATURDAY: DINNER

Glazed Spiral Ham w/Charred Pineapple Relish

Sweet Potato Casserole

Cole Slaw

Hawaiian Dinner Rolls

Apple Crisp??

SUNDAY: BREAKFAST

?? Maybe a Rice Broccoli & Cheese Fritata

\*Breakfast Bar (Make Your Own Yogurt Parfaits)

SUNDAY: LUNCH

Taco Bake & Refried Beans in Tostado Bowl

Fixings Bar

Taquitos

Salsa Salad

Key Lime Pie

\*BREAKFAST BAR\*

Various Cereal and/or Oatmeal

Toast and/or Bagels

Cottage Cheese and/or Yogurt

Jam, Cream Cheese, Butter, Peanut Butter

Brown Sugar, Craisins

Ketchup

Pico de Gallo

Occasionally Lil’ Smokies

Occasionally Hard Boiled Eggs

Fruit (Fresh & Canned)

Milk

Juice

\*\*Lime Juice with Southwestern Flavor Meals

\*\*Water with Meals

**FOOD ALERGIES: 6 No Tomatoes & No Spicy, 1 No Milk, 2 Diabetics**