MEN’S EMMAUS WALK: FEBRUARY 2016

THURSDAY: DINNER

Caribbean Jerk Chicken

Cilantro Rice

Mini Shrimp Skewers with Sweet Chili Sauce

Cole Slaw

Fruity Dessert

Count : \_\_\_\_\_

FRIDAY: BREAKFAST

Eggs

Kolaches

Potatoes

\*Breakfast Bar (Fruit/Cottage Cheese)

Count : \_\_\_\_\_\_

FRIDAY: LUNCH

Potato Soup w/Kielbasa & Green Chili

Winter Salad

Cheese Biscuits

Brownies

Count : \_\_\_\_\_\_

FRIDAY: DINNER

Fiesta Chicken

Spanish Rice

Santa Fe Salad

Bread Sticks

Key Lime Pie

Count : \_\_\_\_\_\_

SATURDAY: BEAKFAST

Breakfast Bake (eggs, chorizo, shredded potatoes, cheese, chillis) Tortillas

\*Breakfast Bar (Breakfast Breads/Rolls)

Count : \_\_\_\_\_\_

SATURDAY: LUNCH

Green Chicken Chili

Poppers

Cornbread

Dessert

Count : \_\_\_\_\_\_

SATURDAY: DINNER

Brisket

Pinto Beans

Roasted Corn w/Peppers

Tortillas

Pecan Cobbler

Count : \_\_\_\_\_\_

SUNDAY: BREAKFAST

Biscuits & Jalapeno Gravy

Chicken Fried Steak

\*Breakfast Bar (Lil Smokies)

Count: \_\_\_\_\_\_

SUNDAY: LUNCH

Bow Tie Pasta w/Meatball s & Marinara

Italian Salad

Garlic Sticks

Dessert

Count: \_\_\_\_\_\_

\*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