

Planned Meals during SpiritRest Aug. 7 - 12, 2022

SUNDAY Aug. 7	MONDAY Aug. 8	TUESDAY Aug. 9	Subject to change WEDNESDAY Aug. 10	THURSDAY Aug. 11	FRIDAY Aug. 12
BREAKFAST	Scrambled Eggs Bacon or Sausage Toast Fresh Fruit Hot Cereal Yogurt	Pancakes, Waffles or French Toast Bacon or Sausage Hard Boiled Eggs Fresh Fruit Hot Cereal Yogurt	Egg Scramble w Veggies Bacon or Sausage Toast Fresh Fruit Hot Cereal Yogurt	Egg Strata Bacon or Sausage Toast Fresh Fruit Hot Cereal Yogurt	Scrambled Eggs w Soyrizo Bacon or Sausage Toast Fresh Fruit Hot Cereal Yogurt
LUNCH	Grilled Sandwich Soup and Salad or Two Salads Chips Fruit Cookie or Brownie	Taco Salad w Ground Turkey Soup Fruit Churro or Brownie	Chicken Parmasan Sandwich Soup and Salad or Two Salads Chips or Fries Fruit Cookie or Brownie	Chicken Caesar Wrap Soup and Salad Chips or Fries Fruit Cookie or Baklava	Beef Burger Soup and Salad or Two Salads Chips or Fries Fruit Cookie or Brownie
DINNER	Grilled Chicken Rice, Potato or Pasta Vegetable 1 Vegetable 2 Salad Warm Bread Dessert	Meatloaf Rice, Potato or Pasta Vegetable 1 Vegetable 2 Salad Warm Bread Dessert	Pasta/Lasagna Vegetable 1 Vegetable 2 Salad Warm Bread Dessert	Chicken Rice, Potato or Pasta Vegetable 1 Vegetable 2 Salad Warm Bread Dessert	Pork Chops Rice, Potato or Pasta Vegetable 1 Vegetable 2 Salad Warm Bread Dessert