



RCJL Dining Today



Tuesday, May 9, 2006

BREAKFAST

Breakfast Buffet offering Omelets, Hardboiled or Scrambled Eggs, Eggbeaters, Fresh Fruit, Toast, Hot & Cold Cereals, Pastries, Beverages, and Daily Special:

Sunday: Pancakes

Tuesday: Pancakes

Friday: Baker's Special

Monday: Waffles

Wednesday: Baker's Special

Saturday: Waffles

Thursday: Waffles

LUNCH

Salad Buffet* featuring Cream of Tomato Soup*

Vegetable lasagna with Cut Green Beans

Egg Salad Sandwich with Garlic Vinaigrette Cole Slaw*

Cheese, Vegetable*, or Plain* Omelet Platter

Assorted Desserts

Sugar-free dessert available upon request



DINNER

Mushroom Barley Soup* or House Salad*

Daily Special: Lamb Shanks

*Catch of the Day: Salmon**

Served with Orzo and Root Vegetables

Smoked Turkey Sandwich Platter

Chef's Salad Special with Grilled Chicken Breast* or Fish*

Vegetable* or Plain* Omelet Platter

Chocolate Chip Pecan Cookie for Dessert

Sugar-free dessert available upon request

Steamed Chicken Breast, Steamed Fish*, or Baked Potato/Yam* available upon request*

* = Low Sodium Option