



Bluebonnet Café

Monday August 10th, 2015—Sunday August 16th, 2015

Name: _____ Suite: _____





MONDAY

Breakfast

- French Toast Sticks with fresh seasonal fruit; served with maple syrup
- Scrambled eggs with sausage links and your choice of toast (White, Wheat, Rye)

Lunch


-  Chicken & Rice Burrito served with salsa and sour cream
-  Deliciously creamy Baked Macaroni & Cheese served with steamed broccoli

Dinner



-  BBQ Pulled Pork on a fresh bun; served with sweet potato fries & green beans
- Chicken & Dumplings served with mixed vegetables

WEDNESDAY


Breakfast

-  Fresh Baked Biscuits topped with sausage gravy
- Scrambled eggs with bacon and your choice of toast (White, Wheat, Rye)

Lunch


-  Sliced salami with mustard and Swiss cheese on choice of bread; served with steak fries & a pickle
-  Grilled chicken breast with mandarin oranges, shredded cheese and walnuts on a bed of mixed greens with choice of dressing

Dinner



- Philly Cheese Steak with onions and peppers served on a fresh hoagie roll with a side of baked chips
-  Breaded eggplant with marinara sauce and parmesan cheese over fettuccini noodles

TUESDAY

Breakfast

-  Grilled Ham & Egg Sandwich topped with melted American cheese; served with home fries
- Scrambled eggs with grilled ham and your choice of toast (White, Wheat, Rye)

Lunch

-  Vegetarian burger served with lettuce, tomato, raw onions and fresh fruit on the side
-  County Fried Steak served with homemade mashed potatoes and mixed veggies

Dinner



- Crispy Fish Sticks cooked to perfection; served with baked chips and green beans
- Creamy, flavorful chicken breast over white rice and mixed vegetables

THURSDAY



Breakfast

- Buttermilk Pancakes with fresh seasonal fruit; served with maple syrup
- Scrambled eggs with sausage links and your choice of toast (White, Wheat, Rye)

Lunch

-  Delicious filet of breaded cod on a toasted bun with lettuce, tomato and mayonnaise; served with fresh fruits
-  Gorgeous mix of boiled eggs, bacon, tomatoes, blue cheese crumbles avocado and onions served over spring mix

Dinner

-  Juicy turkey meatballs on a fresh hoagie roll topped with marinara sauce; served with fries
-  Shrimp Fettuccini Alfredo served with broccoli and a dinner roll



Diabetic Friendly



Vegetarian



Signature Option



Heart Healthy




Garden Fresh


FRIDAY


Breakfast

 Ham and cheese omelet; served with fresh seasonal fruit


 Scrambled eggs with grilled ham and your choice of toast (White, Wheat Rye)

Lunch

 Turkey and Swiss cheese melted on your choice of bread; served with fresh fruit

 Tuna, chicken and egg salad on a bed of mixed greens with diced tomatoes and crackers on the side

Dinner


 Fish Tacos ~ Deliciously flavorful! Topped with Pico de Gallo; served with a side of corn chips

 Beef Stew ~ Tender chunks of beef simmered with vegetables; served over rice

SATURDAY

Breakfast

 Belgium Waffles topped with fresh seasonal fruit; served with maple syrup


 Scrambled eggs with bacon and your choice of toast (White, Wheat, Rye)


Lunch

 Pizza ~ Your choice of Plain Cheese or Pepperoni; served with carrot sticks

 Chicken Fried Rice with a blend of fresh vegetables; served with a veggie spring roll


Dinner


 Grilled chicken breast topped with melted Swiss cheese, lettuce, tomato & onion; served on a fresh bun with a side of fresh fruit

 Home made chili with beans, onions, spices and lots of love, served with corn bread

SUNDAY


Breakfast

 Breakfast Burrito ~ Eggs, sausage, cheese, peppers and onions in a soft flour tortilla; served with a side of fresh fruit


 Scrambled eggs with sausage links and your choice of toast (White, Wheat, Rye)


Lunch

 Breaded Chicken Tenders with a side of honey mustard; served with fruit

 Traditional 3 layer meat lasagna filled with creamy cheeses, ground beef and spices; served with a side salad

Dinner

 Juicy, thin sliced roast beef topped Swiss cheese on a toasted roll; served with fresh fruit

 Roasted Turkey served with cornbread stuffing, peas and cranberry sauce

EVERY DAY FARE

Served with Fresh Fruit, Chips or French Fries

HOT DOG

grilled or boiled served on a bun

DELUXE BURGER

topped with lettuce & tomato

CHICKEN TENDERS

Fried golden brown

EGG OMELET

With choice of onions, peppers, ham & cheese

GRILLED CHEESE SANDWICH

on choice of bread

PB&J SANDWICH

DELI SANDWICH

Choice of tuna, egg salad or chicken salad; served on White, Wheat or Rye bread with lettuce and tomato

BEVERAGES

- Ginger Ale
- Orange Juice
- Coca Cola
- Diet Iced Tea
- Prune Juice
- Diet Fruit Punch
- Cranberry Juice
- Coffee or Hot Tea
- Apple Juice
- Milk (Whole, 2% or Skim)
- Tomato Juice
- Hot Chocolate

DESSERTS

- Assorted Cookies
- Jell-O (Strawberry or Cherry)
- Assorted Cakes
- Pudding (Chocolate, Vanilla & Rice)
- Assorted Pies
- Assorted Ice Cream Flavors
- Ice Cream Sandwich
- Ice Cream Sundae
- Banana Split