

LRH CAFETERIA MENU: 7/27/26 – 7/31/26

MONDAY 7/27		TUESDAY 7/28	
<u>BREAKFAST</u> HAM, BROCCOLI, AND SWISS CHEESE QUICHE <u>LUNCH</u> STUFFED SHELLS WITH ITALIAN VEGETABLES AND GARLIC KNOTS LEMON PEPPER CHICKEN WITH GREEN BEANS, AND CITRUS RICE <u>SOUP</u> GRILLED CHICKEN AND VEGETABLE NOODLE	<u>BREAKFAST</u> QUICHE: 6.75 <u>LUNCH</u> SHELLS: 7.50 VEGETABLES:1.80 KNOTS: 1.25 CHICKEN: 6.75 GREEN BEANS: 1.80 RICE: 1.60	<u>BREAKFAST</u> APPLE STUFFED FRENCH TOAST <u>LUNCH</u> STEAK FIESTA BOWL, GRILLED FLANK STEAK, ROASTED CORN, SAUTÉED PEPPERS AND ONIONS, AVOCADO, DICED TOMATOES, BROWN RICE HOT ITALIAN CUT SUB, WITH AN ASSORTMENT OF TOPPINGS SERVED WITH RANCH CHIP <u>SOUP</u> THAI CHICKEN AND RED CURRY SOUP	<u>BREAKFAST</u> FRENCH TOAST: 6.75 <u>LUNCH</u> BOWL:8.75 SUB: 7.50 CHIPS:3.25
WEDNESDAY 7/29		THURSDAY 7/30	
<u>BREAKFAST</u> OPEN-FACED BREAKFAST SANDWICH WITH BACON, TOMATO, 2 FRIED EGGS, AND CHEDDAR CHEESE ON A SLICE OF SOURDOUGH TOAST <u>LUNCH</u> SALMON CAKE WITH LEMON WINE SAUCE SERVED OVER RICE PILAF AND JULIENNE VEGETABLES BACON WRAPPED CHICKEN SERVED WITH ROASTED RED POTATOES AND CARROTS <u>SOUP</u> CARROT AND DILL SOUP	<u>BREAKFAST</u> SANDWICH: 7.50 <u>LUNCH</u> SALMON: 7.50 RICE: 1.60 VEGETABLES: 1.80 CHICKEN: 6.75 CARROTS: 1.80 POTATOES: 1.60	<u>BREAKFAST</u> YOGURT BAR WITH AN ASSORTMENT OF TOPPINGS AND FRESH FRUIT. <u>LUNCH</u> TURKEY QUESADILLA, SMOKED TURKEY, CORN, ONIONS, BELL PEPPERS, BLACK BEANS, CHEDDAR CHEESE, SALSA AND SOUR CREAM ON THE SIDE SUMMER FRUIT AND CHICKEN SALAD WITH: MIXED GREENS, STRAWBERRIES, BLUEBERRIES, TOASTED ALMONDS, CARROTS, CUCUMBERS, CROUTONS BALSAMIC VINAIGRETTE. <u>SOUP</u> NEW ENGLAND FISH CHOWDER TOPPED WITH SCALLIONS	<u>BREAKFAST</u> BAR: 6.50 PER LBS. <u>LUNCH</u> QUESADILLA: 7.75 SALAD: 8.75
FRIDAY 7/31		NOTES	
<u>BREAKFAST</u> MEAT LOVERS' SCRAMBLER, HAM, BACON, SAUSAGE, CHEDDAR CHEESE <u>LUNCH</u> BOSTON BAKED HADDOCK WITH WILD RICE PILAF AND BRUSSEL SPROUTS REUBEN SANDWICH, CORNED BEEF, SWISS CHEESE, SAUERKRAUT THOUSAND ISLAND, ALL ON RYE BREAD, SERVED WITH SWEET POTATO FRIES <u>SOUP</u> CHEF'S CHOICE	<u>BREAKFAST</u> SCRAMBLER: 6.75 <u>LUNCH</u> HADDOCK: 7.50 RICE: 1.60 B.S. 1.80 SANDWICH: 7.50 FRIES: 3.25	<i>PLEASE INFORM THE STAFF ABOUT ANY KNOWN ALLERGIES.</i> <u>DISCLOSURE:</u> <i>*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS</i> <u>CAFETERIA HOURS:</u> MONDAY-FRIDAY 6:30AM - 7:00PM (CLOSED FOR BREAK FROM 3:30PM - 4:00PM) - BREAKFAST WILL BE SERVED 6:30 AM - 10:00 AM - THE KITCHEN IS CLOSED BETWEEN 10:00 AM AND 11:00 AM, BUT THE CAFETERIA WILL REMAIN OPEN WITH A LIMITED SELECTION OF FOOD OPTIONS. - LUNCH WILL BE SERVED FROM 11:00 AM TO 2 PM. - DINNER WILL BE SERVED FROM 4:30 PM TO 7PM SATURDAY-SUNDAY 6:30AM – 2:00PM PRICING AND AVAILABILITY ARE SUBJECT TO CHANGE.	