

LRH CAFETERIA MENU: 7/6/26 – 7/10/26

MONDAY 7/6		TUESDAY 7/7	
<p><u>BREAKFAST</u></p> <p>SAUSAGE BISCUITS AND GRAVY</p> <p><u>LUNCH</u></p> <p>GRILLED CHICKEN TOPPED WITH A PINEAPPLE SALSA, SERVED WITH HAWAIIAN RICE AND BROCCOLI</p> <p>ROASTED PORK LOIN SERVED WITH ROASTED RED POTATOES JULIENNE CARROTS</p> <p><u>SOUP</u></p> <p>MULLIGATAWNY SOUP</p>	<p><u>BREAKFAST</u></p> <p>BISCUIT: 6.25</p> <p><u>LUNCH</u></p> <p>CHICKEN: 7.50 RICE: 1.60 BROCCOLI: 1.80</p> <p>PORK: 6.75 CARROTS: 1.80 POTATOES: 1.60</p>	<p><u>BREAKFAST</u></p> <p>CINNAMON RAISIN FRENCH TOAST SERVED WITH MAPLE SYRUP</p> <p><u>LUNCH</u></p> <p>GARDEN BURGER WITH HERB MAYO, TOMATOES, MIXED GREENS ON A BRIOCHE BUN SERVED WITH SPICY SWEET POTATO FRIES</p> <p>MARINADE GRILLED FLANK STEAK WITH GREEN BEANS, BAKED POTATO</p> <p><u>SOUP</u></p> <p>BEEF AND BARLEY STEW</p>	<p><u>BREAKFAST</u></p> <p>FRENCH TOAST: 6.75</p> <p><u>LUNCH</u></p> <p>BURGER: 7.50 FRIES: 3.25</p> <p>FLANK STEAK: 8.00 GREEN BEANS: 1.80 POTATOES: 1.60</p>
WEDNESDAY 7/8		THURSDAY 7/9	
<p><u>BREAKFAST</u></p> <p>AVOCADO TOAST WITH A FRIED EGG AND SLICED TOMATOES</p> <p><u>LUNCH</u></p> <p>SMOKED TURKEY AND BLACK BEAN QUESADILLA, WITH BELL PEPPERS, ONIONS, PEPPER JACK CHEESE. SERVED WITH SALSA, AND GUACAMOLE</p> <p>GRILLED LEMON PEPPER SALMON WITH SAUTÉED SPINACH AND WILD RICE</p> <p><u>SOUP</u></p> <p>SEAFOOD CHOWDER</p>	<p><u>BREAKFAST</u></p> <p>TOAST: 6.95</p> <p><u>LUNCH</u></p> <p>QUESADILLA: 7.75 GUACAMOLE: 2.15</p> <p>SALMON: 7.50 SPINACH: 1.80 RICE: 1.60</p>	<p><u>BREAKFAST</u></p> <p>YOGURT BAR WITH CHOICE OF TOPPINGS:</p> <p><u>LUNCH</u></p> <p>*VINE RIPE TOMATO, FRESH MOZZARELLA AND GRILLED CHICKEN SALAD WITH SERVED ON A BED OF MIXED GREENS, BALSAMIC DRIZZLE AND CROUTONS</p> <p>HOMEMADE MEATLOAF SERVED WITH GRAVY, MASHED POTATOES AND SEASONAL VEGETABLES</p> <p><u>SOUP</u></p> <p>CHILLED MELON SOUP GARNISHED WITH FRESH BLUEBERRIES</p>	<p><u>BREAKFAST</u></p> <p>6.50 PER LBS.</p> <p><u>LUNCH</u></p> <p>SALAD: 7.50</p> <p>MEATLOAF: 7.00 POTATOES: 1.60 VEGETABLES: 1.80</p>
FRIDAY 7/10		NOTES	
<p><u>BREAKFAST</u></p> <p>MEAT LOVERS HAM, BACON, SAUSAGE, BREAKFAST WRAP WITH SAUTÉED ONIONS, BELL PEPPERS, SCRAMBLED EGGS AND CHEDDAR CHEESE</p> <p><u>LUNCH</u></p> <p>GRILLED BBQ CHICKEN WITH ROASTED CORN AND POTATO SALAD</p> <p>BAKED HADDOCK WITH RICE PILAF AND JULIENNE VEGETABLES</p> <p><u>SOUP</u></p> <p>CHEF CHOICE</p>	<p><u>BREAKFAST</u></p> <p>WRAP: 6.75</p> <p><u>LUNCH</u></p> <p>CHICKEN: 7.50 CORN: 1.80 SALAD: 1.95</p> <p>HADDOCK: 7.50 RICE: 1.60 VEGETABLE: 1.80</p>	<p><i>PLEASE INFORM THE STAFF ABOUT ANY KNOWN ALLERGIES.</i></p> <p><u>DISCLOSURE:</u> <i>*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS</i></p> <p><u>CAFETERIA HOURS:</u> MONDAY-FRIDAY 6:30AM - 7:00PM (CLOSED FOR BREAK FROM 3:30PM - 4:00PM) <ul style="list-style-type: none"> 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</p> <p><i>PRICING AND AVAILABILITY ARE SUBJECT TO CHANGE.</i></p>	