

Sirovich Center for Balance Living
Breakfast MENU January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Pork Breakfast Sausage Patty Waffles (Pre-Prepared) Bran Flakes Cereal Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup</p>	<p>4 Hard Boiled Egg (2) Toasted Oats Cereal Whole Wheat Blueberry Muffins Apple Orange Pineapple Juice Milk, low fat, 1% Butter</p>	<p>5 French Toast (pre-prepared) Turkey Sausage Patty Oatmeal (1/2 cup) Orange Juice Pear Milk, low fat, 1% Pancake Syrup</p>	<p>6 Coconut Granola 1/4 cup Plain Yogurt Bran Muffin (pre-prepared) Farina Apple Juice Banana Milk, low fat, 1% Butter</p>	<p>7 Farmers Market Individual Omelets Toasted Oats Cereal Whole Wheat Mini Bagel Fruit Cocktail Orange Juice Milk, low fat, 1% Butter</p>
<p>10 Hard Boiled Egg (2) Bran Flakes Cereal Mini Croissant Banana Orange Juice Milk, low fat, 1% Butter</p>	<p>11 Pancakes (pre-prepared) Turkey Sausage Link Bran Flakes Cereal Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup</p>	<p>12 Milk, low fat, 1% Butter Yogurt non-fat Blueberry Muffin (pre-prepared) Bran Flakes Cereal Banana Orange Juice</p>	<p>13 Egg Frittata with Potatoes and Peas Oatmeal (1 cup) Whole Wheat Mini Bagel Apple Juice Fruit Cocktail Milk, low fat, 1% Butter</p>	<p>14 Pork Breakfast Sausage Patty Waffles (Pre-Prepared) Raisin Bran Cereal Apple Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup</p>
<p>17 French Toast (pre-prepared) Pork Sausage Link Bran Flakes Cereal Apple Orange Juice Milk, low fat, 1% Pancake Syrup</p>	<p>18 Scrambled Eggs Home Fries with Peppers and Onions Whole Wheat Mini Bagel Fruit Cocktail Pineapple Juice Milk, low fat, 1% Butter</p>	<p>19 Baked Potatoes Cheddar Cheese Toasted Oats Cereal Apple Juice Sliced Canned Peaches Milk, low fat, 1%</p>	<p>20 Ham and Cheese Frittata Bran Muffin (pre-prepared) Raisin Bran Cereal Apple Orange Juice Milk, low fat, 1% Butter</p>	<p>21 Pancakes (pre-prepared) Turkey Sausage Link Oatmeal (1/2 cup) Banana Grape Juice, Unsweetened Milk, low fat, 1% Pancake Syrup</p>
<p>24 Pork Breakfast Sausage Patty Waffles (Pre-Prepared) Bran Flakes Cereal Orange Pineapple Juice Milk, low fat, 1% Pancake Syrup</p>	<p>25 Hard Boiled Egg (2) Toasted Oats Cereal Whole Wheat Blueberry Muffins Apple Orange Pineapple Juice Milk, low fat, 1% Butter</p>	<p>26 French Toast (pre-prepared) Turkey Sausage Patty Oatmeal (1/2 cup) Orange Juice Pear Milk, low fat, 1% Pancake Syrup</p>	<p>27 Coconut Granola 1/4 cup Plain Yogurt Bran Muffin (pre-prepared) Farina Apple Juice Banana Milk, low fat, 1% Butter</p>	<p>28 Farmers Market Individual Omelets Toasted Oats Cereal Whole Wheat Mini Bagel Fruit Cocktail Orange Juice Milk, low fat, 1% Butter</p>
<p>31 Hard Boiled Egg (2) Mini Croissant Oatmeal (1/2 cup) Banana Orange Juice Milk, low fat, 1% Butter</p>				

Sirovich Center for Balance Living
LUNCH MENU January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Tuna Fish Salad Whole Wheat Mini Bagel Cabbage Carrot Slaw Lettuce and Tomato Apple Milk, low fat, 1%</p>	<p>4 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Broccoli with Toasted Garlic Banana Milk, low fat, 1%</p>	<p>5 Pork Tenderloin with Zesty Cilantro Sauce Whole Wheat Dinner Roll Baby Carrots with Parsley Black Beans and Rice Canned Mandarin Oranges Milk, low fat, 1%</p>	<p>6 Baked Chicken Quarters Cornbread Baked Potatoes Braised Collard Greens Fruit Cocktail Milk, low fat, 1%</p>	<p>7 Apricot Glazed Salmon Brown Rice (1 cup) Chinese Style Steamed Cauliflower Orange Milk, low fat, 1%</p>
<p>10 Breaded Fish Fillet (pre-prepared) Orzo with Vegetables Baked Sweet Potato Orange Milk, low fat, 1%</p>	<p>11 Whole Wheat Vegetable Lasagna Whole Wheat Dinner Roll Zucchini with Onions and Peppers Pear Milk, low fat, 1%</p>	<p>12 Vegetable Biryani with Chickpeas Okra Fruit Cocktail Milk, low fat, 1%</p>	<p>13 Chicken Alfredo Penne Whole Wheat Dinner Roll Baby Spinach Salad Banana Milk, low fat, 1%</p>	<p>14 Citrus Sesame Crusted Salmon Yellow Rice Asian Cabbage Canned Mandarin Oranges Milk, low fat, 1%</p>
<p>17 Vegetarian Chili Brown Rice (1/2 cup) Cornbread Steamed Cauliflower Fruit Cocktail Milk, low fat, 1%</p>	<p>18 Baked Mushroom Chicken Whole Wheat Dinner Roll Carrots Instant Mashed Potatoes Orange Milk, low fat, 1%</p>	<p>19 Whole Wheat Pasta Primavera with Cheese Garlic Bread Mixed Green Salad Banana Milk, low fat, 1%</p>	<p>20 Hamburgers Hamburger Bun, Whole Wheat Baked Red Potato Wedges Beet, Arugula and Feta Salad Apple Milk, low fat, 1%</p>	<p>21 Spanish Style Baked Cod Black Beans and Rice Broccoli and Red Peppers Pear Milk, low fat, 1%</p>
<p>24 Tuna Fish Salad Whole Wheat Mini Bagel Cabbage Carrot Slaw Lettuce and Tomato Apple Milk, low fat, 1%</p>	<p>25 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Broccoli with Toasted Garlic Banana Milk, low fat, 1%</p>	<p>26 Pork Tenderloin with Zesty Cilantro Sauce Whole Wheat Dinner Roll Baby Carrots with Parsley Black Beans and Rice Canned Mandarin Oranges Milk, low fat, 1%</p>	<p>27 Baked Chicken Quarters Cornbread Baked Potatoes Braised Collard Greens Fruit Cocktail Milk, low fat, 1%</p>	<p>28 Apricot Glazed Salmon Brown Rice (1 cup) Chinese Style Steamed Cauliflower Orange Milk, low fat, 1%</p>
<p>31 Breaded Fish Fillet (pre-prepared) Orzo with Vegetables Baked Sweet Potato Orange Milk, low fat, 1%</p>				