

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Apple Walnut Muffin Cheddar Cheese Slice Tangerine * Apple Juice 1% Milk</p> <p style="text-align: right;">3</p>	<p>Toasted Muesli &amp; Honey Blackberry Yoghurt Apple Orange Juice* 1% Milk</p> <p style="text-align: right;">4</p>	<p>Sweet Potato Biscuits Honey Butter Ham Slice Blood Orange* Cranberry Juice 1% Milk</p> <p style="text-align: right;">5</p>	<p>Oat O's Strawberry Yoghurt Pear Apple Juice 1% Milk</p> <p style="text-align: right;">6</p>	<p>Whole Wheat Roll Egg Salad &amp; Lettuce Apple Orange Juice* 1% Milk</p> <p style="text-align: right;">7</p>
<p>Whole Wheat Bagel Vegetable Cream Cheese Pear Apple Juice 1% Milk</p> <p style="text-align: right;">10</p>	<p>Rice Crispies Strawberry Yoghurt Banana Apple Juice 1% Milk</p> <p style="text-align: right;">11</p>	<p>Whole Wheat Popover Butter &amp; Jam Turkey Ham Slice Apple Orange Juice 1% Milk</p> <p style="text-align: right;">12</p>	<p>Organic Corn Flakes Vanilla Yoghurt Orange* Cranberry Juice 1% Milk</p> <p style="text-align: right;">13</p>	<p>Blueberry Lemon Muffin Hard Cooked Egg Apple Orange Juice* 1% Milk</p> <p style="text-align: right;">14</p>
<p>Lemon Currant Scone Jam &amp; Butter Scotch Egg Applesauce Cranberry Juice 1% Milk</p> <p style="text-align: right;">17</p>	<p>Granola Bar Maple Yoghurt Satsuma Orange Apple Juice 1 % Milk</p> <p style="text-align: right;">18</p>	<p>Noodle Pie w/ Cheese &amp; Herbs Whole Wheat Muffin w/ Honey Butter Pear Orange Juice 1 % Milk</p> <p style="text-align: right;">19</p>	<p>Oat O's Blackberry Yoghurt Baked Ham Apple Cranberry Juice 1% Milk</p> <p style="text-align: right;">20</p>	<p>Spinach Mushroom Quiche Roll w/ butter &amp; Jam Blood Orange Apple Juice 1% Milk</p> <p style="text-align: right;">21</p>
<p>Rye Roll Butter &amp; Apricot Jam Forest Berry Tangerine * Tomato Juice 1% Milk</p> <p style="text-align: right;">24</p>	<p style="text-align: center;"><b>Christmas Day</b></p> <p style="text-align: right;">25</p>	<p>Fratta w/ Ham &amp; Mushrooms Whole Wheat Roll Butter &amp; Honey Orange Pineapple Juice 1% Milk</p> <p style="text-align: right;">26</p>	<p>Toasted Muesli &amp; Honey Peach Yoghurt Apple Canberry Juice 1% Milk</p> <p style="text-align: right;">27</p>	<p>Buttermilk Biscuit w/ Sliced Smoked Turkey &amp; Swiss Pear Apple Juice 1% Milk</p> <p style="text-align: right;">28</p>
<p>Polenta, Mozzarella &amp; Vegetabl Pie Pear Tomato Juice 1% Milk</p> <p style="text-align: right;">31</p>				

Bay Area Community Services  
Congregate  
Sample Breakfast Menu

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<p>Whole Wheat Bagel Vegetable Cream Cheese Pear Apple Juice 1% Milk</p> <p style="text-align: right;">10</p>	<p>Rice Crispies Strawberry Yoghurt Banana Apple Juice 1% Milk</p> <p style="text-align: right;">11</p>	<p>Whole Wheat Popover Butter &amp; Jam Turkey Ham Slice Apple Orange Juice 1% Milk</p> <p style="text-align: right;">12</p>	<p>Organic Corn Flakes Vanilla Yoghurt Orange* Cranberry Juice 1% Milk</p> <p style="text-align: right;">13</p>	<p>Blueberry Lemon Muffin Hard Cooked Egg Apple Orange Juice* 1% Milk</p> <p style="text-align: right;">14</p>
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<p>Polenta, Mozzarella &amp; Vegetabl Pie Pear Tomato Juice 1% Milk</p> <p style="text-align: right;">31</p>				

Bay Area Community Services  
 Sample Breakfast Menu  
 Weekends, November 2007



Saturday	Sunday
Buttermilk Biscuit w/ Cheddar & Green Onions Pear Apple Juice 1% Milk 1	Cranberry Orange Bread Maple Yoghurt Pineapple Juice Orange 1% Milk 2
Sliced Turkey w/ gravy Stuffing <u>Yams</u> Green beans Orange * 1% Milk 8	Meatloaf W/ gravy Macaroni & Cheese Cauliflower * Beet Salad Seasonal Fresh Fruit 1% Milk 9
Chicken Marsala Parslied Noodles <u>Capri Mixed Vegetables</u> Pineapple Juice * Fresh Fruit 1% Milk 15	Grilled Pork Patty w/ Sweet & Sour Sauce Rice Cauliflower * <u>Marinated Carrots</u> Cookies 1% Milk 16
Chef's Choice Entrée Vegetable Vegetable Citrus Fruit * 1% Milk 22	Breaded Fish + Dinner Roll Green Beans Whipped Potatoes * Cookies 1% Milk Butter 23
Chef's Choice Entrée Vegetable Vegetable Citrus Fruit * 1% Milk 29	Breaded Fish + Dinner Roll Green Beans Whipped Potatoes * Cookies 1% Milk Butter 30