

SIAD Sample Menu

Monday

Breakfast

- Assortment of apple cinnamon, blueberry, and strawberry scones
- Fruit & cheese platter
- Small assortment of individual yogurts
- Coffee & hot tea

Lunch

- Fresh Baked Potatoes served with bacon, cheese, onions, salsa, butter, sour cream, steamed broccoli and chili.
- Garden and Caesar Salad

Afternoon Snack

- Double chocolate brownies, assortment of cookie, fruit plate, coffee & hot tea

Tuesday

Breakfast

- Assortment of mini quiches
- Fruit & cheese platter
- Small assortment of individual yogurts
- Coffee & hot tea

Lunch

- **Soft Taco buffet** with shredded chicken, shredded beef, sautéed peppers, sautéed onions, fresh grated cheese, sour cream, salsa, jalapeño peppers, warm flour tortillas, refried beans, rice/ peppers/ tomatoes.

Afternoon Snack

- Double chocolate brownies, assortment of cookie, fruit plate, coffee & hot tea

Wednesday

Breakfast

- Assortment of apple cinnamon, blueberry, and strawberry scones
- Fruit & cheese platter
- Small assortment of individual yogurts
- Coffee & hot tea

Lunch

- Pizza (Cheese, Pepperoni, Veggie)
- Salad

Afternoon Snack

- Double chocolate brownies, assortment of cookie, fruit plate, coffee & hot tea

Thursday

Breakfast

- Assortment of quiche
- Fruit & cheese platter
- Small assortment of individual yogurts
- Coffee & hot tea

Lunch

Soup & Salad

Chef Salad: Chopped Maple Gazed Ham, Smoked Turkey, Swiss Cheese, Shredded Cheddar Cheese, Hardboiled Eggs, Shredded Carrots, Tomato, Cucumber, Fresh Mixed Greens

Spinach Salad: Sliced Mushrooms, Red Onions, Mandarin Orange Segments, Hard Boiled Eggs, Fresh Baby Spinach

Caesar Salad: Shaved Parmesan, Crispy Croutons, Fresh Romaine Lettuce, Traditional Caesar Dressing

Afternoon Snack

- Double chocolate brownies, assortment of cookie, fruit plate, coffee & hot tea

Friday

Breakfast

- Assortment of apple cinnamon, blueberry, and strawberry scones
- Fruit & cheese platter
- Small assortment of individual yogurts
- Coffee & hot tea

Mid-Morning Snack

- Nuts, assortment of quiche, assortment of cookie, fruit plate, coffee & hot tea