

Cohutta Springs Sample Menu



Meal plan for the week

	Breakfast	Lunch	Dinner
<i>Sunday</i>	Continental Breakfast Cinnamon Rolls	California Wrap Turkey, Spinach, Red onion Guac, Swiss Cheese Chips Cookies	Quesadillas - Chicken & Cheese Mexican Rice Corn on the Cob Potato Salad Watermelon Strawberry Shortcake
<i>Monday</i>	Black Forest Pancakes Turkey Bacon & Vegan Bacon Syrup, Cherry Topping Whipped cream Fried Eggs	Spaghetti w/ Meat Sauce Marinara Sauce (V) Mixed Veggie Garlic Bread	Sesame Chicken Vegetable Fried Rice Snow Pea Pods & Carrots Egg Rolls Marble Cake
<i>Tuesday</i>	Cheesy Eggs Hashbrowns Turkey & Vegan Sausage English Muffin	Gyros Cheese, Tzatziki Sauce Lettuce, Tomato, Onion Cheese Tater Tots Pasta Salad	Roast Turkey Breast Roasted Redskin Potatoes Green beans Ice Cream
<i>Wednesday</i>	French Toast Bake Turkey Sausage Blueberry Compote Syrup	Philly Cheese Steak Sandwich Sautéed Yellow Squash & Zucchini Seasoned Potato Wedges	Chicken Lasagna Peas & Carrots Eggplant Parmesan (V) Garlic Bread Sticks Banana Pudding

	Breakfast	Lunch	Dinner
<i>Thursday</i>	Scrambled Eggs Turkey Ham English Muffin Cheese	Chicken Nuggets French Fries Broccoli Assorted Dipping Sauces	Salisbury Steak Redskin Mashed Potatoes Green Beans French Bread Chocolate Chip Cookies
<i>Friday</i>	Waffles Chicken Sausage Scrambled Eggs Syrup	No Meal	No Meal
<i>Saturday</i>	No Meal	No Meal	No Meal
	<u>All Breakfasts Include:</u> Bagels & Toast Cold Cereal Fruit & Yogurt Bar Juice Milk Coffee		
	All Lunches And Dinners Include Salad Bar		
	<u>Milk, Punch, Coffee, & Tea Are Available At All Meals</u> Vegetarian Meals Are Available Upon Request Gluten Free Meals Are Available Upon Request Peanut Butter & Jelly Available At All Meals		