Watch for Wellness and You! Menu Solutions...

...good food that tastes great is your reason for eating healthy!

Wellness entrees and salad recipes were developed by our regional and national chefs and dietitian.

Please enjoy!
Menu subject to change.

Monday
Breakfast: Scrambled Eggs 🥚
                Hard Cooked Eggs 🥚
                Cinnamon French Toast 🥚
                Tri-Tater Patties 🥚
                Sausage Links 🥚

Tuesday
Breakfast: Scrambled Eggs 🥚
                Hard Cooked Eggs 🥚
                Buttermilk Pancakes 🥚
                Fried Egg O’Muffin with Bacon 🥚
                Grilled Kielbasa 🥚

Wednesday
Breakfast: Scrambled Eggs 🥚
                Hard Cooked Eggs 🥚
                Waffles Georgia with Peaches 🥚
                Home Fried Potatoes 🥚
                Crisp Bacon 🥚

Thursday
Breakfast: Pineapple Fritters 🥚
                Scrambled Eggs 🥚
                Breakfast Burritos 🥚
                Sausage Links 🥚

Friday
Breakfast: Oatmeal 🍃
                Scrambled Eggs 🥚
                Buttermilk Pancakes 🥚
                Ham, Egg & Cheddar on Sourdough 🥚
                Home Fried Potatoes 🥚
                Turkey Sausage Patties 🥚

Saturday
Soup: Turkey Rice Soup 🍲
Entree: Egg Noodles 🍳
Brussels Sprouts 🥗
Vegetarian/Vegan: Broccoli Tofu Stir-Fry with Rice 🍳
International: Omelet Bar 🥚
Breakfast: Sausage & Cheese Biscuit 🥚

Sunday
Soup: Tomato Basil Bisque 🍲
Entree: Tater Tot Casserole 🍳
Fresh Yellow Squash 🍆
Vegetarian/Vegan: Forest Mushroom Pot Pie 🍳
International: Omelet Bar 🥚
Breakfast: Fried Egg O’Muffin with Bacon 🥚

vegetarian 🍲 vegan 🍳 carb-friendly 🍳 well-balanced