Meal	Thursday 07/31	Friday 08/01	Saturday 08/02	Sunday 08/03	Monday 08/04	Tuesday 08/05
Breakfast 6am – 10am	Light lunch/dinner: Hamburger soup + Bread Cookie	Continental Breakfast: Mush + toppings: • Brown sugar • Maple syrup Cereal +milk Bagels + cream cheese Eggs: • Hard boiled • Scrambled Sausage patty/link Muffins Fruit	Continental Breakfast: Mush + toppings: • Brown sugar • Maple syrup Cereal + milk Bagels + cream cheese Eggs: • Hard boiled • Scrambled Sausage patty/link Muffins Fruit	Continental Breakfast: Mush + toppings: • Brown sugar • Maple syrup Cereal + milk Bagels + cream cheese Eggs: • Hard boiled • Scrambled Sausage patty/link Muffins Fruit	Continental Breakfast: Mush + toppings: • Brown sugar • Maple syrup Cereal + milk Bagels + cream cheese Eggs: • Hard boiled • Scrambled Sausage patty/link Muffins Fruit	Continental Breakfast: Mush + toppings: • Brown sugar • Maple syrup Cereal +milk Bagels + cream cheese Eggs: • Hard boiled • Scrambled Sausage patty/link Muffins Fruit
		No lunch	No lunch	No lunch	No lunch	No lunch
Dinner 4pm (elders) 5pm - 8pm		Enchilada's Spanish Rice Beans Salsa Sour cream Guacamole	Traditional dinner: Fish on a stick Crab Boiled spuds Steamed veggies Geoduck chowder Baked chicken	BBQ chicken, baked beans, cornbread, Cole slaw	Bella Italia and PA Chefs Smoked Salmon fettuccini Garlic bread Caesar salad	Beef Pot Roast Mashed potatoes with gravy with Veggies