



# Daily Chef Specials

July 14th - July 20th

Kitchen# 763-270-3487

SUNDAY 7/14

MONDAY 7/15

TUESDAY 7/16

WEDNESDAY 7/17

THURSDAY 7/18

FRIDAY 7/19

SATURDAY 7/20

## BREAKFAST

Cinnamon Roll Scrambled Egg's Bacon Fruit	Choice of Egg's Bacon or Sausage Hashbrown's Pastry Fruit	Waffles Bacon Scrambled Egg's Fruit	Denver Scrambled Eggs with Cheese Bacon Hashbrowns Fruit Garnish	Pancakes Scrambled Egg's Sausage Fruit	Chef's Choice Omelet Bacon Pastry Fruit	French Toast Scrambled Egg's Sausage Fruit
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## LUNCH

Dinner Roll Beef Stroganoff Egg Noodle's Vegetable Cream Puffs	Chow Mein Crispy Noodle's Egg Roll White Rice Broccoli Pina Colada Cake	Smoked Pork Gravy Sauerkraut Gouda and Chive Potatoes Vegetable Blueberry Pie	Soup and Sandwich Gumbo Crispy Chicken Bacon Melt Cupcake	Patty Melt French Fries Orange Wedge Malt Cup	Beer Battered Cod Tartar and Lemon Roasted Potato Broccoli Salad French Silk Pie	Herb Breaded Turkey Cutlet with Supreme Sauce Roasted Sweet Potato Vegetable Lemon Cake
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## DINNER

Mini Corn Dog French Fries Fruit Garnish Butterscotch Blondie	Corn Chowder with Kielbasa Roast Beef and Swiss Fruit Pudding	Beef Taco's Spanish Rice Sour Cream and Salsa Fruited Jell-O	Hawaiian Ham Sliders Macaroni Salad Fresh Pineapple Brownie	Crispy Chicken Wings Mashed Potato Gravy Fruit Cookie	Pot Roast Soup Hot Ham and Cheese on a Bun Fruit Pudding	BBQ Pulled Pork Tater Tot's Coleslaw Dessert Bar
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Breakfast: 7:30 - 9:00am

Lunch: 11:30 - 12:30pm

Dinner: 4:30 - 5:30pm

Engel Haus

# Lighter Side Specials

July 14th - July 20th

Kitchen# 763-270-3487

SUNDAY 7/14

MONDAY 7/15

TUESDAY 7/16

WEDNESDAY 7/17

THURSDAY 7/18

FRIDAY 7/19

SATURDAY 7/20

## BREAKFAST

Oatmeal  
With Berries,  
Honey and  
Walnuts  
Muffin  
Yogurt  
Fruit

Avocado  
Toast  
Scrambled  
Egg's  
Low Sodium  
Bacon  
Fruit

Cold Cereal  
Muffin  
Yogurt  
Fruit

Scrambled  
Egg's  
Low Sodium  
Bacon  
Wheat Toast  
Fruit

Oatmeal  
With Raisins,  
Brown Sugar  
and Walnuts  
Muffin  
Yogurt  
Fruit

Omelet  
With Veggies  
Cheese  
Wheat Toast  
Low Sodium  
Bacon  
Fruit

Whole Wheat  
French Toast  
Topped with  
Fruit  
Low Sodium  
Bacon

## LUNCH

Apple, Walnut,  
Blue Cheese  
Spinach Salad  
Breadstick  
Balsamic Dressing

Brown Rice Bowl  
Topped with  
Sesame Chicken  
Vegetables

BBQ Chicken  
Baked Potato  
Vegetable

Chefs Choice Soup  
Deli Turkey and  
Cheese Sandwich  
Lettuce, Tomato  
with Light  
Mayonnaise  
Fruit

Turkey Patty  
Melt On Wheat  
Sweet Potato  
Chips

Chicken Club  
Ranch Wrap  
Pasta Salad

Tuna Melt  
on Wheat  
Fruit Salad

## DINNER

Grilled Chicken  
Nuggets  
Sweet Potato Fries  
Light Ranch and  
BBQ Sauce

Chefs Choice Soup  
Grilled Cheese on  
Whole Grain  
Bread

Shrimp Taco Salad  
Salsa & Sour  
Cream  
Tortilla Chips

Salmon Cakes  
Tartar and  
Lemon  
Green Salad  
Raspberry  
Vinaigrette

BLT on Grilled  
Flatbread  
Sun Chips  
Fruit

Chefs Choice Soup  
Egg Salad  
on Wheat  
Multi Grain  
Chips

Turkey Bolognese  
with Tortellini  
Wheat Breadstick

**Breakfast: 7:30 - 9:00am**

**Lunch: 11:30 - 12:30pm**

**Dinner: 4:30 - 5:30pm**

Engel Haus