



Watch for
Wellness and You!
Menu Solutions...

Specials for the Week!

Monday is Caribbean Jerk Chicken Sandwich!

Wednesday is Sweet-N-Sour Chicken on Theme!

Friday: Potato Bar!!
with Fixings

{July Brings : Independence Day, Summer Vacations and The Farmer's Market!

Hours

Breakfast 6:15am-10:00am

Lunch 10:30am - 1:30pm

Dinner 4:30pm - 6:00pm

Managers

General Manager

Ed West x3403

Supervisors

Janet Alexander x3401

Carolyn Jones x3401

Clinical Dietitian

Sheri Gaskin x3404

For July!

At Breakfast

Build Your Own Yogurt Bar!

Every Tuesday and Thursday We will Have Fresh Corn-on-Cob! (You Season Your Own)

(During July: The Ripeness of Foods During this time, Makes it Ideal for Featuring a Wide Variety- Just like the Farmer's Market.)

BBD Menu

Week of Monday July 26th, 2010

Monday

Soup:	Corn and Tomato Chowder	\$Guest 1.29	Emp 0.1
Entree:	Smoky Bone BBQ Pork Ribslets	\$Guest 2.59	Emp 2.1
	Chicken & Dumplings	\$Guest 1.99	Emp 1.
Vegetable:	Baked Zucchini Casserole	\$Guest 1.00	Emp 0.60
	Potato Crust	\$Guest 0.79	Emp 0.4
	Green Peas	\$Guest 0.79	Emp 0.4

Tuesday

Fresh Vegetable:	Fresh Corn on Cob (You Season)	\$1.00	No Discount
Entree:	Chicken Leg Qtr, Camp-fire Style	\$Guest 3.99	Emp 2.79
	BBQ Pork Sandwich	\$Guest 2.99	Emp 1.79
Vegetable:	Fried Potato Wedges (2)	\$Guest 0.79	Emp 0.47
	Baked Beans	\$Guest 1.00	Emp 0.60
	Yellow Squash	\$Guest 0.79	Emp 0.47

Wednesday

Soup:	Chicken Tortilla Soup	\$Guest 1.29	Emp 0.77
Entree:	Country Fried Steak	\$Guest 2.99	Emp 1.79
Potato:	Whipped Potatoes	\$Guest 0.79	Emp 0.47
Vegetable:	Chicken Breast Diablo W/Bun	\$Guest 3.29	Emp 1.97
	Mexican Rice	\$Guest 0.79	Emp 0.47
	Mexican Style Pinto	\$Guest 0.79	Emp 0.47

Thursday

Fresh Vegetable:	Fresh Corn on Cob (You Season)	\$1.00	No Discount
Entrée:	Tater Tot Casserole	\$Guest 3.29	Emp 1.97
	Fried Chicken Breast	\$Guest 2.49	Emp 1.49
Potato:	Garlic Mashed Potatoes	\$Guest 0.79	Emp 0.47
	Green Bean	\$Guest 0.79	Emp 0.47
	Zucchini & Tomatoes	\$Guest 0.79	Emp 0.47

Friday

Soup:	Chicken Chipotle Chowder	\$Guest 1.29	Emp 0.77
Entree:	Golden Fried Catfish	\$Guest 3.29	Emp 1.97
	Roasted Turkey Breast	\$Guest 2.99	Emp 1.79
Potato:	Broccoli, Cauliflower & Peas	\$Guest 0.79	Emp 0.47
Vegetable:	Mashed Potatoes with Butter	\$Guest 0.79	Emp 0.47
	Fried Breaded Eggplant	\$Guest 0.79	Emp 0.47

Saturday

Entree:	Philly Steak Sandwich	\$Guest 2.99	Emp 1.79
	Buffalo Chicken Wings (6)	\$Guest 2.99	Emp 1.7
Vegetable:	BBQ Baked Beans	\$Guest 0.79	Emp 0.47
	Broccoli Florets	\$Guest 0.79	Emp 0.47

Sunday

Entree:	Roast Loin of Pork w/Rosemary	\$Guest 2.99	Emp 1.7
	Baked Chicken Breast (LS, LF)	\$Guest 2.49	Emp 1.4
Vegetable:	Rice Pilaf	\$Guest 0.79	Emp 0.4
	Mashed Potatoes with Butter	\$Guest 0.79	Emp 0.
	Brazilian Sauteed Cabbage	\$Guest 0.79	Emp 0.