

Week of \_\_\_\_

# House Salad •

Iceberg and romaine lettuce, shaved carrots, cucumber, pear tomato, and dressing choice

#### Havenwood Salad $\bullet$

Mandarin oranges, pecans, dried cranberries, fresh spinach, and dressing choice

# CLASSIC BLT

Bacon, lettuce, tomato on choice of bread *Choose a side dish* 

# GRILLED CHEESE SANDWICH

Choice of cheese and bread *Choose a side dish* 

# EGG SALAD PLATTER/SANDWICH

A platter with hard-boiled eggs, tomatoes, cucumbers and crackers OR A sandwich on choice of bread *Served with chips* 

### HAVENWOOD BURGER

1/4-lb. chuck patty (with or without cheese) with lettuce, tomato, onion and pickle on a butter-toasted bun *Choose a side dish and beverage* 

— Please allow extra time for cooking —

### The Burger Bowl

Burger without the bun Choose a side dish (or two!)

# All-Beef Hot Dog

Grilled hot dog with relish, onions, mustard and tomatoes *Choose a side dish* 

# **GRILLED CHICKEN BREAST**

Chicken breast with a honey-balsamic glaze *Choose two side dishes* 

— Please allow extra time for cooking —

# CLUB SANDWICH

Turkey, ham, lettuce, tomato, bacon and mayonnaise on toast *Served with chips* 

#### Dressings

Buttermilk Ranch Golden Italian Balsamic Vinaigrette Honey Mustard Chunky Bleu Cheese Thousand Island Classic French Poppy Seed

#### Side Dishes

Baked Sweet Potato Baked Potato Cottage Cheese Fresh Fruit Vegetable Medley Onion Rings Sweet Potato Fries French Fries

Heart-Healthy Item

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