



Favorite Meal Ideas

Brunch

- Pancakes or French Toast
- Assortment of quiches or breakfast casseroles
- Hash browns, breakfast potatoes or tater tots
- Canadian bacon, ham or sausage
- Fresh fruit
- Deviled eggs
- Huevos rancheros (scrambled eggs with green bell pepper, onions, tomatoes)
- Frittata
- Crepes
- Cinnamon rolls
- Cheese platter
- Biscuits or croissants

Lunch

- Deluxe salad bar with an assortment of fixings: grilled chicken, olives, rilled veggies, cheeses, mushrooms, avocado, etc.
- Build-your-own hoagie
- Pulled chicken sandwiches with veggie sticks and potato salad
- Grilled Panini and fruit salad
- Chicken quesadillas and green salad
- Build-your-own pita and three bean salad
- Veggie wraps, fruit salad, chips

Dinner

- Rotisserie chicken, oven roasted red potatoes, green beans
- Meatloaf, mashed potatoes, and steamed carrots
- Shepherd's pie, broccoli & cauliflower medley
- Vegetable or mixed stir fry, rice noodles and steamed rice
- Barbecue ribs and chicken, baked beans, corn on the cob
- Roast beef, au jus, steamed vegetables, green salad
- Cheese enchiladas, beans, Mexican rice
- Turkey dinner
- Fish tacos, avocado, salsa, shredded cabbage,
- Hamburgers, hot dogs, chicken breasts, potato salad, fruit salad
- Chicken parmesan, green salad, garlic bread
- Spinach ravioli, marinara sauce, meatballs, green salad, garlic bread
- Chicken kabobs, grilled veggies, hummus, couscous
- Breakfast for dinner!
- Flank steak, baked potatoes, squash
- ... or how about *your* family's favorite meal!