

## **BREAKFAST SAMPLE MENUS**

Three Cheese Egg Bake  
Country Bacon  
Roasted Red Potatoes  
House Made Scones with Jam  
Fresh Fruit Salad  
Oatmeal Bar  
Juice, Milk, and Coffee

Scrambled Eggs with Cheese  
Sautéed Mushrooms & Salsa  
Country Bacon  
Hash browns  
Freshly Baked Cinnamon Rolls  
Juice, Milk, and Coffee

Pancakes with Fruit Topping  
Scrambled Eggs  
Sausage Links  
Fresh Seasonal Fruit  
Cereal Bar  
Juice, Milk, and Coffee

Biscuits and Gravy  
Scrambled Eggs  
Sausage Links  
Fresh Seasonal Fruit  
Oatmeal/Cereal Bar  
Juice, Milk, and Coffee

## **LUNCH SAMPLE MENUS**

Pulled Pork Sandwiches  
Harlow Mac & Cheese  
Coleslaw  
Seasonal Fruit  
Veggie Tray  
Harlow Brownies or Cookies

Pesto Chicken with Mozzarella Cheese  
Basmati Rice or Scalloped Potatoes  
Strawberry Spinach Salad  
Fresh Rolls with Butter  
Fresh Seasonal Fruit  
Harlow Brownies or Cookies

Hot Turkey Sandwiches on fresh Kaiser Rolls  
Salad Bar  
Hearty Vegetable Soup  
Assorted Chips  
Seasonal Fruit  
Harlow Brownies or Cookies

Burrito Bowls  
Seasoned Chicken & Ground Beef  
Spanish Rice & Tortilla Chips  
Onions, peppers, cheese, lettuce, tomatoes  
Salsa, Sour Cream, Guacamole  
Fresh Fruit  
Harlow Brownies or Cookies

## **DINNER SAMPLE MENUS**

Parmesan Chicken  
Penne Pasta with Alfredo Sauce  
Northwest Green Beans  
Salad Bar  
Fresh Rolls with butter  
Texas Sheet Cake

Tri-Tip Steak  
Creamy Mashed Potatoes  
Quinoa Kale Salad  
Green Beans with Peppers  
Fresh Rolls and Butter  
Caramel Delight Ice Cream Dessert

Roasted Basil Pork Loin  
Scalloped Potatoes  
Buttered Corn  
Caesar Salad  
Fresh Baked Bread  
Carrot Cake with Cream Cheese Frosting

Thai Steak Salad with Cilantro Lime Dressing  
Twice Baked Potatoes  
Grilled Asparagus and Peppers  
Fresh Bread and Butter  
Seasonal Fruit Salad  
Harlow Brownie Sundaes