

CWES Food Service Menus

Please choose from the following menus for each meal during your visit. **Within three weeks of your visit please return all menu requests, the total number of people eating, and all side, soup and meat options. Also include the number of meatless meals requested.**

ADULT SELECTIONS

Breakfast

All breakfast menus are served with a breakfast bar including items such as; bread (white), bagels, assorted cereals, peanut butter and jelly, fresh fruit, milk, juice. Vegetarian "sausage" is available if requested on the menu planner.

- B1. Pancakes with sausage or bacon (choose one meat)
- B2. French toast with sausage or bacon (choose one meat)
- B3. Scrambled eggs, hash browns, mini-cinnamon biscuit and sausage or bacon (choose one meat)
- B4. Egg bake with ham and cheese (meat and meatless) & mini-cinnamon biscuit

Lunch - Salad bar included

- L1. Sandwich bar with soup (choose one), potato chips, crackers and choice of one side
- L2. Barbequed pork sandwich, baked beans and choice of one side (vegetarian option is available if requested)
- L3. Soft tacos, refried beans, Spanish rice and corn chips
- L4. Chicken tenders with sour cream & chive potato wedges (vegetarian option is available if requested)
- L5. Meat and meatless hand made pizza, bread sticks and sauce
- L6. Meatball sub, green beans, and choice of one side

Dinner - Salad bar and dinner rolls included

- D1. Sliced turkey with gravy, green beans and choice of one side and one soup
- D2. Meat and/or meatless lasagna, bread sticks, and choice of soup
- D3. Italian baked chicken breast, corn, rice, and choice of one side and one soup
- D4. Cookout - brats, hamburgers, hot dogs (choose two) baked beans, and choice of one side and one soup (vegetarian option is available if requested)
**From May 15-September 15 only.
- D5. Sliced Ham, green beans, apple sauce and choice of one side and one soup
- D6. Beef stroganoff over noodles or rice, green beans, and choice of soup
- D7. Meat and/or meatless spaghetti and bread sticks and choice of soup

Side Options

Potato wedges
Baked potato
Red potatoes
Potato salad
White rice
Chips

Home-Made Soup Options

Chicken Noodle
Chili
Vegetable

Dessert, fruit and vegetables are served with all lunches and dinners.

Coffee, tea and milk available at all meals

Please complete the enclosed Menu Planner with your choices for each meal and date.

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