

TRABER CENTER MENU
SEPTEMBER 2018-AUGUST 2019

Breakfasts All Served with Juice, Coffee, Tea

1. Vegetable & Cheese Quiche
Bacon, Home Fries, Assorted Breakfast Pastries, Fruit
2. Egg, Canadian Bacon, Tomato, Swiss Cheese, on a Croissant or Bagel or English Muffin
Hash Browns, Grits, Assorted Breakfast Pastries, Fruit
3. Specialty Pancakes
Sausage, Baked Oatmeal, Scrambled Eggs, Fruit
4. Chipped Beef & Toast or Biscuits
Poached Eggs, Home Fries, Assorted Breakfast Pastries, Fruit
5. French Toast with Berries & Whipped Cream
Bacon, Yogurt Bar, Oatmeal, Fruit

Lunches All served with Chips, Pickles, & Handheld Dessert

1. Open-Faced Baguette with Prosciutto, Mozzarella, Tomato, Basil, & Balsamic Glaze
Soup, Hummus/Veggie Tray, Pita
2. French Dip Sandwiches-Roast Beef, Provolone, Horseradish Mayo on a Roll served with Au Jus
Soup, Caesar Salad
3. Turkey BLT Wraps with Avocado Mayo
Soup, Grain Salad
4. Chicken, Apple, & Brie Grilled Cheese on Sourdough with Chipotle Mayo
Soup, Bean Salad
5. Tacos- Choose Chicken, Pork, or Steak
Soup, Rice and Black Beans

Dinners All Served with Dessert

1. Beef Meatballs or Sausage with peppers and onions
Pasta, Marinara & Alfredo, Caesar Salad, Hot Vegetable, Rolls
2. Sesame & Cilantro Stir-fried Chicken
Seasoned Rice, Hot Vegetable, Asian Chopped Salad with Peanut Sauce, Rolls
3. Roasted Pork Tenderloin with Rosemary & Dijon Sauce
Roasted Seasoned Potatoes, Hot Vegetable, Arugula Salad with Goat Cheese, Walnuts, Berries & Apple Cider Vinaigrette, Rolls
4. Citrus Roasted Chicken
Mashed Potatoes with Gravy, Hot Vegetable, Mixed Green Salad, Rolls
5. Lasagna with Ground Pork and Vegetables
Mixed Green Salad, 2 Hot Vegetables, Rolls