



The Break-Away Café

December 10 - 16 | Lunch 11:00 AM - 1:30 PM | SUPPER 4:15pm - 6:45pm
Fulton County Health Center

10 Monday | 11 Tuesday | 12 Wednesday | 13 Thursday | 14 Friday | 15 Saturday | 16 Sunday

Soup:
Taco
Chicken Noodle
Macaroni & Cheese

Home:
-Alfredo Pizza
-Garlic Salmon
-Roasted Red Potatoes
-Steamed Sugar Snap Peas
-Roasted Cauliflower

Action Station
Tavolino
Grilled Italian Sausage w/ Carmelized Onion and green peppers

Weekly Sandwich
Honey Mustard Grilled Chicken

Deli Sandwiches
-Grilled Chicken & Bacon Melt
-Mediterranean Grilled Cheese
-Spicy Black Bean Melt
-Philly Cheese-steak Sub

Soup:
Broccoli Cheddar
Chicken Noodle
Macaroni & Cheese

Home:
-Beef & Broccoli over Jasmine Rice
-Hot Chicken Sandwich
-Roasted Mushrooms
-Brussels & Carrots
-Homemade Potato Chips

Action Station
Breakfast Vegetable Fried Rice

Weekly Sandwich
Honey Mustard Grilled Chicken

Deli Sandwiches
-Grilled Chicken & Bacon Melt
-Mediterranean Grilled Cheese
-Spicy Black Bean Melt
-Philly Cheese-steak Sub

Soup:
Ham & Swiss Potato
Chicken Noodle
Macaroni & Cheese

Home:
-Cauliflower Spinach Lasagna
-Lime-Chili Cod
-Mexi-Rice
-Southwest Green Beans
-Steamed Broccoli
-Garlic Bread Stick

Action Station
Grilled Veggie Wrap

Weekly Sandwich
Honey Mustard Grilled Chicken

Deli Sandwiches
-Grilled Chicken & Bacon Melt
-Mediterranean Grilled Cheese
-Spicy Black Bean Melt
-Philly Cheese-steak Sub

Soup:
Vegetable Orzo
Chicken Noodle
Macaroni & Cheese

Home:
-Cheeseburger
-Pit Ham
-Baked Sweet Potato
-Asparagus
-Roasted Carrots
-French Fries

Action Station
Tortellini with Grilled Vegetables

Weekly Sandwich
Honey Mustard Grilled Chicken

Deli Sandwiches
-Grilled Chicken & Bacon Melt
-Mediterranean Grilled Cheese
-Spicy Black Bean Melt
-Philly Cheese-steak Sub

Soup:
Three Onion
Chicken Noodle
Macaroni & Cheese

Home:
-Philly Double Taco
-Chicken Teriyaki over Brown Rice
-Grilled Green Beans
-Mozzarella Cheese Sticks

Action Station
Omelet Station
8-10:00am

Weekly Sandwich
Honey Mustard Grilled Chicken

Deli Sandwiches
-Grilled Chicken & Bacon Melt
-Mediterranean Grilled Cheese
-Spicy Black Bean Melt
-Philly Cheese-steak Sub

Soup:
Chili

Home:
-Chicken Tenders
-Manicotti
-Broccoli & Cauliflower
-Garlic Bread

Action Station
Omelet Station
8-10:00am

Weekly Sandwich
Honey Mustard Grilled Chicken

Deli Sandwiches
-Grilled Chicken & Bacon Melt
-Mediterranean Grilled Cheese
-Spicy Black Bean Melt
-Philly Cheese-steak Sub

Soup:
Chili

Home:
-BBQ Pork Sandwich
-Parmesan Chicken
-Spaghetti w/ Marinara
-Tater Tots
-Carrots
-Dinner Roll
-Pie

Action Station
Omelet Station
8-10:00am

Weekly Sandwich
Honey Mustard Grilled Chicken

Deli Sandwiches
-Grilled Chicken & Bacon Melt
-Mediterranean Grilled Cheese
-Spicy Black Bean Melt
-Philly Cheese-steak Sub