



The Break-Away Café

December 31 - January 6 | Lunch 11:00 AM - 1:30 PM | SUPPER 4:15pm - 6:45pm
Fulton County Health Center



31 Monday | 1 Tuesday | 2 Wednesday | 3 Thursday | 4 Friday | 5 Saturday | 6 Sunday

Soup:
Chicken Noodle

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

Soup:
Broccoli Cheddar
Macaroni & Cheese

Home:
-Bratwurst
-Hot Chicken
Sandwich
-Mashed Potatoes
-Sauerkraut
-Roasted Mushrooms
-Homemade Potato Chips

Soup:
Ham & Swiss Potato
Chicken Noodle
Macaroni & Cheese

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

Soup:
Vegetable Orzo
Chicken Noodle
Macaroni & Cheese

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

Soup:
Three Onion
Chicken Noodle
Macaroni & Cheese

Home:
-Spaghetti w/ Meat
Sauce
-Chicken Teriyaki
over Brown Rice
-Grilled Green Beans
-Garlic Bread Stick
National Spaghetti Day

Soup:
Chili

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

Action Station
Turkey & Bacon
Baguette

Weekly Sandwich
Honey Mustard Grilled
Chicken

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

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

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

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

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



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

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

= **Healthy Plate**