

# SAMPLE MEAL & SNACK MENU



## BREAKFAST

**Banana Oatmeal Pancakes;**  
Fluffy Scrambled Eggs;  
Aidells Sausage Links;  
seasonal stone fruit

**Continental Breakfast;**  
Eggs, Pancakes, Cereal,  
Yogurt, Fruit

## LUNCH

**Soy Ginger Salmon,**  
**Chicken or Tofu;** julienned  
carrot, snow pea, celery,  
asparagus; steamed brown  
rice / garlic sesame Lo  
Mein; steamed broccoli;  
Asian pear wedges

## DINNER

**Steakhouse Style Grilled  
Steak; Portobello  
Mushroom Steaks;**  
Mashed potatoes and  
cauliflower rice; asparagus  
and broccoli; oven roasted  
green beans with olive oil,  
salt, garlic, onion; deep  
green salad

## SNACKS

**PB fit with collagen  
powder, cocoa and  
banana**

\*This is an example menu, Bridge House functions off of a 6 week rotating seasonal menu. Meals are subject to change based off of produce availability.