

LAS PALAPAS FAVORITES

	Breakfast (Full Service Only)	Lunch	Drinks & Appetizers	Dinner & Dessert
Saturday	Coffee Orange Juice Fruit Banana Muffins Yogurt Granola	Orange Juice Huevos rancheros (eggs on tortillas with salsa) Refried beans Fruit	Margaritas Tortilla Chips Guacamole Salsa (spicy and mild)	Chicken Tacos Green salad with tomatoes, avocado, and green onion Mexican rice Retired beans *Chocolate and vanilla ice cream and local cookies
Sunday <i>No Food Service</i>	Coffee Orange Juice Cut Fruit (In Refrigerator)	<i>Prepare on your own using pantry ingredients or go out to eat</i>	Margaritas (In Refrigerator)	<i>Prepare on your own using pantry ingredients or go out to eat</i>
Monday	Coffee Orange Juice Fruit Toast Beans Eggs scrambled with onions and peppers	Burritos with pork Chicken quesadillas Beans Guacamole Crudites (raw vegetables) Cookies	Mojitos Avocado or Las Palmas sushi rolls Peanuts	Grilled shrimp skewers Grilled pineapple skewers Sunset salad (lettuce with orange, cilantro, & jicama) Yellow achiote rice Beans Rolls *Fried bananas with cream
Tuesday	Coffee Orange Juice Fruit Pancakes (plain or banana) Bacon	Ceasar salad with chicken Rolls Fruit Cookies	Margaritas Garlic shrimp Onion cheese ball Crackers	Beef and chicken fajitas Refried benas Mexican rice Green salad Mangos and bananas *Flan
Wednesday	Coffee Orange Juice Fruit Toast Refried beans Huevos rancheros	Shrimp Chile rellenos (shrimp- stuffed mild chilis) Cheese quesadillas Crudites Pineapple	Rum Punch Shrimp ceviche Tortilla chips Guacamole & Salsa	Barbecued pork ribs Cabbage salad Roasted potatoes Broccoli *Vanilla, mango, and chocolate ice cream
Thursday	Coffee Orange Juice Fruit Banana muffins Scrambled eggs Bacon	Tortilla soup with chicken Chicken Sandwiches Mangos, papaya, and pineapple	Pina Coladas Coconut Shrimp Crudites	Mahi Mahi (mild white fish) with nut and butter sauce Stir-fried zucchini & carrots Tomato salad with basil & cheese Rolls *Chocolate cake with vanilla ice cream
Friday	Coffee Orange Juice Waffles with strawberries Bacon	Chicken tostados Beans Fruit Cookies	Margaritas Tortilla Chips Guacamole Salsa (spicy and mild)	Shrimp pasta Caesar sald Rolls *Dreamsicle orange cups