



Dr. Ben's Week 1 "30 Days at Breadco Menu"

Monday

- Breakfast- Oatmeal (2 packets) (cinnamon flavored)
2 Pieces of Wheat Toast

- Lunch- Half Turkey Sandwich (On Wheat, No Cheese)
Garden Soup

- Dinner- California Salad w/o bacon and Honey Mustard Dressing
Leave the Honey Mustard in the cup and dip the salad

Tuesday

- Breakfast- Oatmeal (2 packets) (cinnamon flavored)
2 Pieces of Wheat Toast

- Lunch- Turkey Wrap w/ Fruit Cup

- Dinner- Baked Potato with Garden Salad (Cheese is on the Salad)

Wednesday

- Breakfast- Oatmeal (2 packets) (cinnamon flavored)
2 Pieces of Wheat Toast

- Lunch- Berry Nutty Fruity Salad

- Dinner- Turkey Sandwich (On Wheat, With Cheese)
Side Salad (with ranch dipped out of cup)

Thursday

- Breakfast- Oatmeal (2 packets) (cinnamon flavored)
2 Pieces of Wheat Toast

- Lunch- California Salad with Honey Mustard on the Side (in Cup)

- Dinner- Whole Chef Salad w/ Chicken and no cheese

Friday

Breakfast- Oatmeal (2 packets) (cinnamon flavored)
2 Pieces of Wheat Toast

Lunch- Baked Potato with Chicken Topping (small amount of cheese)

Dinner- Turkey Wrap with Light Ranch Dressing

Saturday

Breakfast- Oatmeal (2 packets) (cinnamon flavored)
2 Pieces of Wheat Toast

Lunch- Oriental Chicken Salad (as described on menu)

Dinner- Ham and Turkey Baked Potato (No Cheese) and Side Salad (Ranch in Cup)