



Dr. Ben's Week 2 Menu "30 Days at Breadco Menu"

NOTE: Some of this week's items are not on the "official menu" yet. You will have to point them out from this page.

Monday

- Breakfast- Oatmeal (2 packets) (cinnamon flavored)
2 Pieces of Wheat Toast
- Lunch- Low Cal Turkey Wrap with Ranch (Not on Menu)
Side of Cottage Cheese (Not on Menu Yet)
- Dinner- Baked Potato (Plain) with Garden Salad (Cheese is on the Salad)
with Ranch Dressing (In Cup)

Tuesday

- Breakfast- Oatmeal (2 packets) (cinnamon flavored)
2 Pieces of Wheat Toast
- Lunch- Grilled Chicken Sandwich (Hot) (Not On Menu)
(Extra Ingredients: provolone cheese, a touch of chipotle ranch)
Dill Pickle Slices on the Side.
- Dinner- California Salad w/o bacon and Honey Mustard Dressing
Leave the Honey Mustard in the cup and dip the salad

Wednesday

- Breakfast- Oatmeal (2 packets) (cinnamon flavored)
2 Pieces of Wheat Toast
- Lunch- Chef Salad with Chicken and Ranch on the Side (No Cheese)
- Dinner- Whole Turkey Sandwich (On Wheat, No 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- Low Cal Turkey Wrap (With Ranch) with Fruit Cup

Friday

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)

Saturday

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 Small Amount of Ranch Dressing