



## Weekly Menu

February 19<sup>th</sup> thru February 25<sup>th</sup>

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

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**Oceanside Café Hours:  
Breakfast 7am to 11am; Lunch 11am to 8pm**

# **Monday**

## **Market**

Thai Style Sweet and Sour Pork  
Oven Roasted garlic Red Potatoes  
Brown Rice  
Asian Vegetable Blend

## **Mindful**

Citrus Poached Salmon

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Tuna Salad Sandwich  
Chicken Salad Sandwich

## **Grill**

No Grill Special

## **Soup**

Split Pea with Ham Soup  
Buttermilk Biscuit

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Oceanside Café Hours:  
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## Tuesday

### **Market**

Beef Stew  
Macaroni and Cheese  
Stewed Tomatoes  
Cut Green Beans

### **Mindful**

Tuscan Herbed Tilapia

### **Fruit Station**

Fresh Fruit Salad

### **Action Station**

Mexican Vegetarian Soft Tacos

### **Deli**

Tuna Salad Sandwich  
Chicken Salad Sandwich  
Italian Sub

### **Grill**

No Grill Special

### **Soup**

Thick and Zesty Chili

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Oceanside Café Hours:  
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# Wednesday

## **Market**

Panko Crusted Cod  
Beef Tips with Mushrooms  
Brown Rice  
Sliced Carrots  
Grilled Vegetables  
Breadsticks

## **Mindful**

Apricot Glazed Turkey

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Tuna Salad Sandwich  
Chicken Salad Sandwich  
Cold Cut Combo

## **Grill**

Blue Cheese Turkey Burger

## **Soup**

Cream of Potato Soup

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**Oceanside Café Hours:**  
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# **Thursday**

## **Market**

BBQ Beef Brisket  
Yukon Smashed Potatoes  
Beef Gravy  
California Mixed Vegetables  
Green Beans

## **Mindful**

Vegetarian Italian Ratatouille

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Cheese Tortellini with Marinara Sauce

## **Deli**

Tuna Salad Sandwich  
Chicken Salad Sandwich

## **Grill**

Blue Cheese Turkey Burger

## **Soup**

Canadian Cheese Soup

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Oceanside Café Hours:  
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# Friday

## **Market**

Baked Ziti with Vegetables  
Fresh Broccoli Florets  
Aztec Corn  
Breadsticks

## **Mindful**

Balsamic Glazed Chicken

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Tuna Salad Sandwich  
Chicken Salad Sandwich

## **Grill**

No Grill Special

## **Soup**

Chicken Noodle Soup

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Oceanside Café Hours:  
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# Saturday

## **Market**

Baked Fried Chicken  
Yukon Smashed Potatoes  
Poultry Gravy  
Corn on the Cob

## **Mindful**

Station is Closed

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Tuna Salad Sandwich  
Chicken Salad Sandwich

## **Grill**

No Grill Special

## **Soup**

Pasta E Fagioli Soup

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Oceanside Café Hours:  
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# Sunday

## **Market**

Meat Lasagna  
Fresh Zucchini  
Breadsticks

## **Mindful**

Station is Closed

## **Fruit Station**

Fresh Fruit Salad

## **Action Station**

Station is Closed

## **Deli**

Tuna Salad Sandwich  
Chicken Salad Sandwich

## **Grill**

No Grill Special

## **Soup**

Vegetable Beef Soup

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