



## CONTINENTAL

1

### FRENCH BAKERY

Danish, Pastries, Butter Croissants,  
Chocolate Croissants

2

### WHOLE FRESH FRUIT AND MUFFINS

Banana, Red and Green Apples, Oranges  
Bran and Fruit Muffins

3

### DRY FRUITS

Figs, Apricots, Bananas, Raisins

### STEWED CANNED FRUIT

Prunes, Pears, Peaches

4

### DRY CEREALS

All-Bran, Cheerios, Corn Flakes,  
Froot Loops, Frosted Flakes, Low-Fat Granola,  
Raisin Bran, Rice Krispies

5

### GRANOLA

Walnuts, Pecans, Dried Banana

### YOGURT & MILK

Plain Yogurt, Fruit Yogurt,  
Whole/Low-Fat/Skim Milk

### MIXED FRUITS

Tropical Fruit Salad

### BIRCHER MUESLI

Rolls Oats, Milk, Raisins, Apple, Walnuts

## BREAKFAST SANDWICH

6

### EGG, HAM AND CHEESE CROISSANT

Scrambled Eggs, Virginia Ham,  
Cheddar Cheeses

7

### EGG WHITE AND AVOCADO WRAP

Monterey Jack, Bell Peppers,  
Tomato Flour Tortilla

### SMOKED SALMON

Plain Bagel, Red Onion, Tomato,  
Capers, Cream Cheese

8

### OATMEAL OR CREAM OF WHEAT

Milk, Raisins, Cinnamon, Brown Sugar

9

### ENGLISH MUFFIN

Sausage Patty, Fried Egg, American Cheese

10

### TEX MEX BOWL

Q Texas Smokehouse Chili, Bacon, Cheddar,  
Poached Egg, Country Potatoes

