

# Happy Valentines Day

## BREAKFAST

*Assorted Juices or Fresh Fruit (4oz)*  
*Assorted Breads, Pancakes or French Toast (2 slices)*  
*Lover's Cheese Omelet (1)*  
*Canadian Bacon (1 oz)*  
*Milk (8 oz)*  
*Coffee or Tea (6oz)*

## LUNCH

*Roast Tenderloin of Beef (4oz)*  
*Baked Potatoes or Seasoned Rice (1/2 cup)*  
*Steamed Asparagus (1 cup)*  
*Cake (1 slice)*  
*Dinner Roll with Margarine (1)*  
*Coffee or Tea (6oz)*

## DINNER

*Soup Du Jour (6oz)*  
*Grilled Ham and Cheese (3oz) on Croissant*  
*Sliced Tomato (1/2 cup)*  
*Fresh Fruit in Season (1/2 cup)*  
*Milk (8oz)*  
*Coffee or Tea (6oz)*