

# Sam's Café @ New Horizons

August 2008 MENU SELECTIONS

15725 Parthenia Street  
North Hills, CA 91343  
(818) 894-9301

Breakfast 7:00 – 9:00 a.m.  
Lunch 11:30 a.m. – 2:00p.m

Daily Special \$4.00

Daily Special with a drink \$4.50

Entrée items: \$3.00, Sides Dishes \$1.00 if sold individually

Tax will be charged for staff and guests

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Strips Curley Fries Cucumber Salad Chef's Dessert/ Fruit Salad
4 Philly Cheese Steak Baked Potato Wedges Cole Slaw Chef's Dessert/ Fruit Salad	5 Mediterranean Chicken Rice Pilaf Chef's Dessert/ Fruit Salad	6 Macaroni & Cheese Steamed Veggies Chef's Dessert/ Fruit Salad	7 Italian Meat Ball Sandwich/ Mozzarella Cheese Petit Salad Chef's Dessert/ Fruit Salad	8 Fish & Chips Steam Broccoli Chef's Dessert/ Fruit Salad
11 Turkey Burger Tomato, Onion, Lettuce Baked Fries Chef's Dessert/ Fruit Salad	12 Meat Lasagna Roll & butter Green Salad Chef's Dessert/ Fruit Salad	13 B.B.Q Chicken Sandwich On Bun Tater Totes Tomato Salad Chef's Dessert/ Fruit Salad	14 Savory Meat Loaf Mashed Potatoes/ Gravy Steam Veggies Chef's Dessert/ Fruit Salad	15 Lemon Baked Fish Baked Potato Steamed Veggies
18 Hot Pastrami Sandwich On French Roll German Potato Salad Chef's Dessert/ Fruit Salad	19 Chicken Caesar Salad In a Tostada Shell Chef's Dessert/ Fruit Salad	20 Monte Cristo Sandwich (Ham, Turkey, Cheese) Green Beans Chef's Dessert/ Fruit Salad	21 Blue Max Wrap (Chicken, Bacon, Cheese, Lettuce & Secret Sauce) Chef's Dessert/ Fruit Salad	22 Spaghetti & Meat Balls Caesar Salad Garlic Bread Chef's Dessert/ Fruit Salad
25 Sesame Chicken Steamed Rice Stir & Fry Veggies Chef's Dessert/ Fruit Salad	26 Lasagna Florentine Green Salad Garlic Bread Chef's Dessert/ Fruit Salad	27 Braised Beef Stew Petit Salad Bread & Butter Chef's Dessert/ Fruit Salad	28 Submarine Sandwich Veggie Sticks w/ Ranch Dressing Chef's Dessert/ Fruit Salad	29 Creole Baked Fish Augratin Potatoes Steamed Veggies Chef's Dessert/ Fruit Salad

**MISSION STATEMENT: "New Horizons Provides Services to Enhance the Quality of Life for Adults with Disabilities"**

Entrée items: \$3.00, Sides Dishes \$1.00 if sold individually

\*Healthy Choice Options: (300-350 calories): Entrée (unbreaded/ no fried items) (3 oz.), Steamed Vegetable (1cup), Fruit (1 piece of ½ cup unsweetened), add 1 cup Vegetable Salad with Low Calorie Dressing (2 Tbsp) as necessary, Low Calorie Beverage (decaffeinated) and/ or Water.

\*Healthy Choice Sandwich items: 2 oz. lean meat, 2 slices Whole Grain Bread (Sourdough, occasionally), fat free or low fat Spread, 1 cup Vegetable Salad with Low Cal. Drsg. (2 Tbsp), Fruit (1 piece or ½ cup unsweetened), Low Calorie Beverage (decaffeinated) and/ or Water.

**\*\*\*THIS MENU HAS BEEN APPROVED BY A REGISTERED DIETITIAN\*\*\***