Below are just some of the options that might make up each of your meals. Special dietary requests are always welcome.

**Breakfast**

Eggs, French toast or waffles, oatmeal with raisins, healthy breakfast cereals, yogurt, fruit, homemade muffins or scones

**Lunch**

Homemade soup or chili, one of the following entrees: wraps, open faced sandwiches, homemade whole wheat pizza, stuffed peppers, taco bar, or rice & beans, salad bar, homemade chocolate chip cookies with fair-trade chocolate and fresh fruit

**Tea at Three**

Join us in the dining room for tea or coffee and a delicious snack. Take a healthy break and mingle with staff, volunteers and other guests.

**Dinner**

Vegetarian option, roast chicken with sweet potatoes and steamed broccoli, meatloaf w/garlic mashed potatoes, green beans almondine, beef stew, pasta primavera, chicken parmesan, salad bar, locally-sourced apples with caramel sauce and fresh fruit

**Available at meal times**

Regular and decaf coffee, assortment of teas, juices, milk and soy milk, peanut butter and jelly

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Stony Point Center was honored with the Green Leaf Seal, in part for our efforts towards Food Justice. First, we grow some of the food we share with you. Second, we purchase as much as possible from local growers. Third, we prepare healthy meals with less meat and more fruits and vegetables. Fourth, we compost all the green food waste from meal preparation. Lastly, we provide education about our moral responsibilities as eaters.