**Food breakfast**

1. VEGGIE SKILLET
2. MEAT LOVERS SKILLER
3. BACON PANCAKES
4. FRENCH TOAST
5. OREO PANCAKES
6. OREO WAFFLES
7. SALTED CARAMEL BANANA PANCAKES
8. ULTIMATE OMELETTE
9. OATBRAN MUFFIN
10. BAGEL SANDWICH
11. WAFFLE SLAM
12. HAM & CHEESE OMELET
13. PLAIN OMELET
14. BANANA PANCAKES
15. CHOCOLATE CHIP PANCAKES
16. PLAIN EGG SANDWHICH
17. TWO EGG BREAKFAST
18. CINNAMON ROLL
19. YOGURT PARFAIT
20. SUNRISE BREAKFAST
21. CEREAL & MILK
22. WESTERN SANDWICH
23. FLUFFY MUFFIN
24. EGGS BENEDICT
25. JUST WHITES (5 EGGS WHITE)
26. SCRAMBLE
27. GREEN WRAP
28. AVOCADO EGG SANDWICH
29. COUNTRY STYLE EGGS BENEDICT
30. GOLDEN BROWN PANCAKES
31. PLAIN OMELETTE
32. CHEESES OMELETTE
33. L.E.O LOX, EGGS & ONION
34. VAGETABLE OMELETTE
35. CHILI & CHEDDAR CHEESE OMELETTE
36. BANANA STACK
37. BLUEBERRY STACK
38. CHOCOLATE CHIP STACK
39. NY STEAK & 2 EGGS ANY STYLE
40. CHOP STEAK & 2 EGGS ANY STYLE
41. HAM STEAK & 2 EGGS ANY STYLE
42. BISCUITS WITH SAUSAGE GRAVY & 2 EGGS ANY STYLE
43. CORNED BEEF HASH & 2 EGGS ANY STYLE
44. OVEN BAKED POTATOES & PEPPERS
45. ITALIAN VEGETABLE FRITTATA OR SCRAMBLED EGGS

**Food Healty**

1. RICE PORRIDGE
2. 4 SLICES OF BREAD
3. CLEAR SOUP WITH TOFU AND MINCED PORK
4. A STEAMED EGGS
5. A BANANA
6. A CUP OF COFFEE
7. TOMATO JUICE
8. MILK
9. GUAVA
10. STEWED PORK SOUP WITH MORNING GLORY AND BEAN SPROUT
11. STIR FRIED TOFU WITH BEAN SPROUTS
12. BLOOD BOIL