

# A Typical Menu at Recovering Hands

- Breakfast - 7AM

Residents will be provided with an assortment of cereal, Eggs, English Muffins, Bagels, Pancake Mix, Juice, Coffee, Tea etc

- Lunch - 12 Noon

Residents will be provided with lunchmeats, fruit, chips, beverages, etc

- Dinner - 6PM

Residents will cook a communal meal - the weekly menu will be posted in the Dining Hall. All evening meals will ensure a healthy diet.