



SAMPLE MENU

BREAKFAST

Fruit Juice of your choice
Hot Oatmeal
Variety of Cold Cereals
Freshly Baked Muffins
Scrambled Eggs with
Bacon and Fresh Tomato
Whole Wheat Toast
with Butter
Fresh Seasonal Fruit
Coffee / Tea

MID-MORNING SNACK

Freshly Baked Muffins
Homemade Scones
or Cookies
Coffee / Tea

LUNCH

Milk, Tomato Juice or Fruit
Juice of your choice
Garden Salad
Fall off the Bone
BBQ Pork Back Ribs
Baked New Potatoes with
Sour Cream & Fresh Chives
Glazed Baby Carrots
Fresh Broccoli Spears
Warm Peach Pie
a la mode
Coffee / Tea

AFTERNOON SNACK

Homemade Cookies
and Squares
Iced Tea
Lemonade
Assorted Fruit Juice Cups
Coffee / Tea

DINNER

Milk, Tomato Juice or
Fruit Juice of your choice
Leek & Potato Soup
Smoked Turkey
Club Sandwich
On Multigrain Bread
Old Cheddar Cheese
and Pickled Beets
Fresh Watermelon Slices
and Hermit Cookies
Coffee / Tea

EVENING SNACK

Fresh Fruit
Cheese & Crackers
Sandwiches
Mixed Nuts
Dried Apricots
Pretzels
Assorted Fruit Juices
Coffee / Tea

Note: There are always alternative options offered.