



Independent Senior Living

BREAKFAST

Fresh Fruit
Hot & Cold Cereals
Omelet or Scrambled Eggs
Bacon
Toast or English Muffin

LUNCH

Salad Bar
Grilled Ham & Cheese or Tuna Salad Sandwich
Tomato or Chicken Noodle Soup

DINNER

Fried Chicken or Roast Pork
Mashed Potatoes w/Gravy or Sweet Potatoes
Steamed Broccoli or Brussel Sprouts
Caesar Salad

DESSERT

Cake
Pudding
Cinnamon Apple Crisp
Fruit Tart

SAMPLE MENU