



# Breakfast Menu



## All American Breakfast

Two Eggs: scrambled, over-easy, over-hard, poached

Toast: white, wheat, cinnamon raisin, rye, english muffin

Meat: Bacon or Sausage

## Breakfast Sandwich

A fried egg w/ American Cheese

Meat: Bacon or Sausage

Your Choice: English Muffin, Croissant, or Bagel

## Two Egg Omelet

Your Choice: cheese, ham, tomato, onion, mushroom, green pepper  
Toast: white, wheat, cinnamon raisin, rye, english muffin

## Avocado Toast

Toast topped w/ avocado, tomato & poached egg  
Toast: white, wheat, cinnamon raisin, rye, english muffin

## Buttermilk Pancake

Add: Blueberries or Chocolate Chips

Add: maple syrup or strawberry topping

## Belgian Waffle

A light & crisp waffle

Add: maple syrup or strawberry topping

## French Toast

Brioche bread grilled golden brown

Add: maple syrup or strawberry topping

## A La Carte

### Hash Browns

### Cold Cereal

Cheerios, Honey Nut  
Cheerios, Corn Flakes, Frosted Flakes, Raisin Bran

### Oatmeal

brown sugar and/or raisins

**Fresh or Canned Fruit Parfait  
Yogurt (Activa, Yoplait or Greek)  
Stewed Prunes**

## Beverages

### Hot Coffee or Tea

Regular or Decaf

### Water

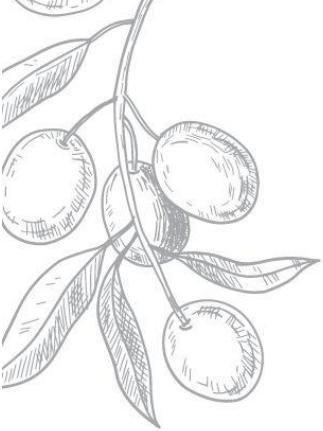
### Milk

Skim, 2%, Whole, Soy

### Juice

Apple, Orange, Cranberry, Prune





## Hot Cereal of the Day

**Sunday:** Oatmeal

**Monday:** Oatmeal

**Tuesday:** Oatmeal

**Wednesday:** Oatmeal

**Thursday:** Oatmeal

**Friday:** Oatmeal

**Saturday:** Oatmeal



Most items are cooked to order. If you would like an alternate preparation, please alert your server. Examples may include: Baked instead of fried, sauce on the side, ½ portions, omitting meat or no added seasoning. We will try to accommodate all requests.



# Lunch Menu

June 7<sup>th</sup> – June 13<sup>th</sup>

## Pizza of the Day

Pizza of the day menu posted at each nurse's station and on dining room doors

Your Choice: Garlic Breadstick or Side Salad

## Rueben Sandwich

Corned beef, sauerkraut, Thousand Island dressing, and melty Swiss on marbled rye

## Tuna Salad Sandwich/Wrap/Bowl

Fresh made Tuna Salad w/ Lettuce & Tomato

Your Choice: Chips, Fries, or Baked Beans

## Chef Salad with Dinner Roll (Meat optional)

Ham, Turkey, Hardboiled Egg, Tomatoes, Cucumber, Cheese, and Croutons served on a bed of romaine

## Tenders (3) or Grilled Hot Dog

Your Choice: Fries, Baked, Mashed or Baked Beans

Add: BBQ Sauce, Ranch or your choice of Sauce

## Build-Your-Own Entrée-Sized Salad

Lettuce with your choice of: mushrooms, onions, tomatoes, peppers, avocado, walnuts, hardboiled egg, grilled chicken, or shredded cheese

Dressings: Ranch, French, Thousand Island, Balsamic, Raspberry Vinaigrette

## Deli Sandwich (Half or Whole Sandwich)

Your Choice: Ham, Turkey, Bacon, Egg Salad or PB&J

Bread: White, Wheat, Rye or Croissant Grilled or Toasted

Add: Lettuce, Tomato, Onion, Avocado and/or Cheese

Your Choice: Chips, Fries, or Baked Beans

## Pub Burger, Grilled Chicken, Grilled Cheese, or Breaded Cod on a Bun (Half or Whole Sandwich)

Add: Cheese, Lettuce, Tomato, Onion and/or Bacon

Sub: Turkey Burger or Vegetarian Burger

Your Choice: Chips, Fries or Baked Beans

## A La Carte

Soup of the Day

Side Salad (Ranch, French, Thousand Island, Balsamic, Raspberry Vinaigrette)

Applesauce or canned fruit

Cottage Cheese

Cheese & Crackers

Coleslaw

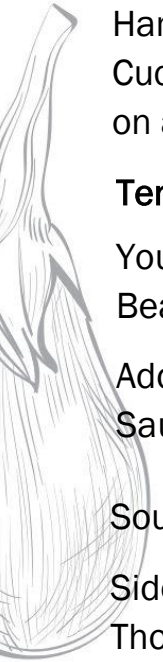
Mashed Potatoes

Fruit Parfait

Yogurt (Activia, Yoplait, or Greek)

Hard Boiled Egg

Omelet (Cheese, Ham, Mushrooms, Onion, Tomato, Peppers)





## Beverages



**Hot Coffee or Tea** (Regular or Decaf)

**Milk** (Skim, 2%, Whole, Soy)

**Juice** (Apple, Orange, Cranberry, Prune)

**Other** (Iced Sweet Tea, Lemonade, Water)

## Soup of the Day

**Sunday:** Chicken Noodle

**Monday:** Cheesy Cauliflower

**Tuesday:** Beef Barley Vegetable

**Wednesday:** Potato Leek

**Thursday:** Tuscan White Bean

**Friday:** Creamy Tomato Bisque

**Saturday:** Split Pea with Ham



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# Dinner Menu

June 7<sup>th</sup> – June 13<sup>th</sup>



## Summer Bolognese

Spaghetti tossed with a Bolognese sauce containing beef, onions, carrots, basil, and tomatoes, and topped w/ Parmesan

Your Choice: Garlic Bread

## Garlic Crusted Salmon

Oven-baked salmon topped with a crisp garlic crust

Your Choice: Baked, Sweet, or Mashed Potatoes

## Lemon Garlic Chicken, Potatoes & Tzatziki

Baked chicken and potatoes in a homemade lemon-garlic marinade, topped with parsley, served with tzatziki sauce

## Pasta Primavera \*Add Chicken

Pasta served with zucchini, yellow squash, grape tomatoes, and peas tossed in a white wine sauce topped w/Parmesan

## Build-Your-Own Entrée-Sized Salad

Lettuce with your choice of: mushrooms, onions, tomatoes, peppers, avocado, walnuts, hardboiled egg, grilled chicken, or shredded cheese

Dressings: Ranch, French, Thousand Island, Balsamic, Raspberry Vinaigrette

## Tenders (3) or Grilled Hot Dog

Your Choice: Fries, Baked, Mashed or Baked Beans

Add: BBQ Sauce, Ranch or your choice of Sauce

## Pub Burger, Grilled Chicken, Grilled Cheese, or Breaded Cod on a Bun (Half or Whole Sandwich)

Add: Cheese, Lettuce, Tomato, Onion and/or Bacon

Sub: Turkey Burger or Vegetarian Burger

Your Choice: Chips, Fries or Baked Beans

## A La Carte

Soup of the Day

Side Salad (Ranch, French, Thousand Island, Balsamic, Raspberry Vinaigrette)

Applesauce or canned fruit

Cottage Cheese

Cheese & Crackers

Coleslaw

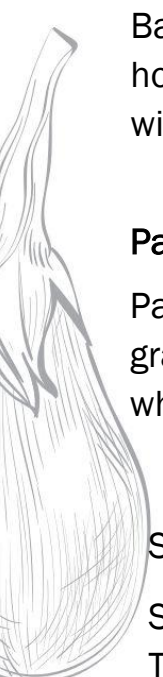
Mashed Potatoes

Fruit Parfait

Yogurt (Activia, Yoplait, or Greek)

Hard Boiled Egg

Omelet (Cheese, Ham, Mushrooms, Onion, Tomato, Peppers)





# Vegetable of the Day

Chef's choice vegetable to change daily

## Beverages

**Hot Coffee or Tea** (Regular or Decaf)

**Milk** (Skim, 2%, Whole, Soy)

**Juice** (Apple, Orange, Cranberry, Prune)

**Other** (Iced Sweet Tea, Lemonade, Water)

## Dessert of the Day

Ice Cream, Sherbert, Pudding, and Jell-o are always available

**Sunday:** Assorted Dessert

**Monday:** Apple Pie

**Tuesday:** Cheesecake w/Cherry Topping

**Wednesday:** Pineapple Upside Down Cake

**Thursday:** Banana Bread

**Friday:** Lemon Bars

**Saturday:** Strawberry Sunday w/Nuts & Whipped Cream

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