



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

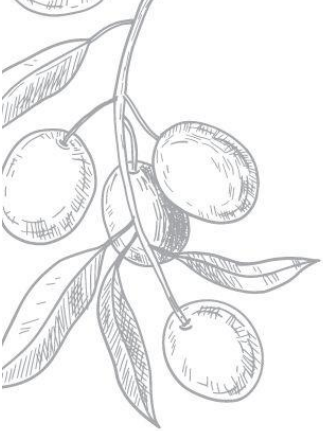
Water

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

August 23rd – August 29th



Veggie Frittata

Sweet peppers, mushrooms, green onions, spinach, and goat cheese baked in an egg custard

Your Choice: Buttered Toast

Chicken Salad Sandwich/Wrap/Bowl

Fresh made Chicken Salad w/ Lettuce & Tomato

Your Choice: Chips, Fries, or Baked Beans

Greek Chickpea Salad *Add Chicken

Chickpeas, sweet bell pepper, cucumber, grape tomatoes, feta, and olives tossed in a creamy lemon-dill sauce and served over greens

Your Choice: Dinner roll

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)

Clementine, whole apple, banana



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

Ice Cream, Sherbet, Italian Ice, Jell-O, Pudding

Soup of the Day

Sunday: Chicken Noodle

Monday: Potato Leek

Tuesday: Beef Vegetable Barley

Wednesday: Broccoli Cheddar

Thursday: Corn Chowder

Friday: Vegetable-Bean Soup

Saturday: Italian Wedding



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Dinner Menu

August 23rd – August 29th



Baked Chicken with Sauteed Squash

Baked chicken slathered with homestyle gravy and served with sauteed summer squash

Your Choice: Baked, Sweet or Mashed Potatoes

Southern Style Shrimp & Grits

An iconic southern dish with creamy grits and a flavorful smothered shrimp

Your Choice: Dinner Roll or Side Salad

Vegetable Fried Rice with Vegetable Egg Roll *Add Chicken

Fried rice with eggs, peas, carrots, bean sprouts, and green onions served with Asian-style sauce

Spinach and Cheese Ravioli

Ravioli stuffed with spinach & cheese and topped with marinara sauce

Your Choice: Garlic Bread

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

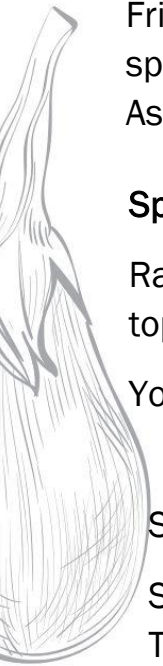
Fruit Parfait

Yogurt (Activia, Yoplait, or Greek)

Hard Boiled Egg

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

Clementine, whole apple, banana





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 always available

Sunday: Ice Cream Sundaes

Monday: Key Lime Pie w/Whipped Cream

Tuesday: Strawberry Rhubarb Pie

Wednesday: Fudge Brown ala Mode

Thursday: Apple Crisp with Whipped Cream

Friday: Lemon Fruit Tart

Saturday: Raspberry Cheesecake



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