

Your Choice Menu

Create and customize your meal to your taste, during kitchen hours, with any number of the choices below.

Breakfast

- Eggs Any-Style*** Over Easy, Medium, Hard Fried, Scrambled, or Poached
- Omelet** Choice of Ham, Bacon, Sausage, Cheese, Tomatoes, Onions, and Bell Peppers
- Pancakes**
- French Toast**
- Sausage, Bacon, or Ham**
- Hash Brown Patty**
- Cold Cereal** Raisin Bran, Cheerios, Corn Flakes, or Chex
- Toast** White, Wheat, Raisin, Rye, or Sourdough
- English Muffin**
- Mini-Bagel with Cream Cheese**
- Yogurt**
- Cottage Cheese**
- Seasonal Fresh Fruit**
- Oatmeal**

Drinks

- Milk** (Fat Free, 2%, or Soy)
- Juice** (Orange, Apple, or Cranberry Blush)
- Lemonade** (Sugar Free)
- Iced Tea**
- Hot Cocoa**
- Hot Cocoa** (Sugar Free)
- Hot Tea**

Lunch & Dinner

- Grilled Chicken Breast**
- Hamburger or Cheeseburger**
- Vegetarian Burger**
- Hot Dogs**
- Grilled Cheese**
- BLT**
- Deli Style Sandwiches** Choice of Roast Beef (*if available*), Turkey, or Ham with American or Swiss on White, Wheat, Raisin, Rye, or Sourdough Bread accompanied by Lettuce, Tomato, Onion and a Pickle
- Macaroni and Cheese**
- Peanut Butter and Jelly**
- Broccoli**
- Green Beans**
- Peas,**
- Carrots**
- Tossed Salad**
- Applesauce**
- Seasonal Fresh Fruit**
- Cottage Cheese**
- Potato Chips or Fritos**
- Mashed Potatoes & Gravy**
- Dinner Roll**

Desserts

- Ice Cream** Vanilla, Chocolate, Strawberry, or Sugar Free Vanilla
- Pudding** Chocolate or Vanilla

* Consuming raw or undercooked items such as Eggs, Meats, Fish or Poultry increases the risk of food borne illness.

Between Meal Menu

Nutrition and Dining Services Menu Options Available Between Meal Times

- ▶ *Care Providers should encourage residents to eat meals and/or place an order for a meal during the designated times. Orders can be placed for room trays during the meal times with full menu options.*
- ▶ *The serving window will be closed down between meal times.*
- ▶ *Dining Services offers the following menu options between designated meal times. No grilled items will be available.*

Choices

Cottage Cheese

Yogurt

Cold Cereal with Milk

Assorted Muffin

Fresh Fruit Cup

Canned Fruit Cup

Macaroni and Cheese

Canned Soups (Chicken Noodle, Tomato, LS Vegetable)

Peanut Butter and Jelly Sandwich

**Deli Sandwich (Ham, Turkey, Roast Beef - if Available)
with Cheese on Choice of Bread**

**Other Cold Sandwich Options as Available on Weekly Special Menu
(Egg Salad, Chicken Salad)**

Garden Salad with Dressing

Pudding, Ice Cream, Jello if Available

Assorted Snacks and Beverages



To place orders for residents between meal times, notify the main kitchen at ext. 2220