

A sample of
the breakfast menu:



Juice:

Cranberry • Orange • Grapefruit • Prune
• Apple

Cereal:

Cheerios • Corn flakes • Raisin bran
• Oatmeal • Cream of wheat

Bread:

White Raisin • Whole wheat • English muffin

Fruit:

Banana • Grapefruit • Prunes • Fruit Cocktail
• Yogurt

Beverages:

Coffee • Tea • Milk • Ice water

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Hard and soft boiled eggs-Monday & Friday
Pastries & sweet rolls-Sunday, Tuesday,
Thursday & Saturday

Tasty Tuesday Breakfast Menu:

Scrambled eggs • Pancakes • Yogurt
Bacon/Sausage • Fruit cocktail

A sample of
the lunch menu:



Soup:

Chicken rice.
French Onion.

Entrée:

Beef: Baked stuffed green pepper,
served with tomato sauce.

Fowl: Baked chicken ala Kiev stuffed with chives &
butter, served with light herb sauce.

lite selection;

Fish: ♥ *Broiled filet of tilapia, served with lemon wine
sauce.

*can be ordered with or without sauce

Mrs. Dash Seasoning available

♥ Healthy choice

With:

Baked potatoes Steamed broccoli
Tater spuds

Dessert:

Vanilla Ice Cream-(regular & sugar free)
Jello (regular & sugar free)
Orange cake

Beverages:

Coffee • Tea • 2% , skim & soy milk • Fruit juice

A sample of
the dinner menu:



Soup:

1. Chicken rice.
2. Cream of mushroom.

Sandwich selection:

1. Chicken salad sandwich on rye bread.
2. Ham & Swiss cheese sandwich on rye
bread. Served with: lettuce, tomato, pickle
3. Peanut butter & jelly sandwich.

Beverages:

Coke Orange Juice
Diet Coke Apple juice
Sprite Cranberry Juice
Coffee, Tea, Milk

Fruit Of the Day