

SAMPLE MENU

Applies to Assisted Living/Memory Care.

Each community provides an always available menu with basic food options for residents during breakfast, lunch, and dinner.

BREAKFAST

• **BEVERAGE OPTIONS:**

• *Coffee, milk, water, hot chocolate, and/or apple, cranberry, and orange juice*

• **MAIN ENTREE:**

• *Biscuits and gravy, sausage links, fresh fruit*

LUNCH

• **BEVERAGE OPTIONS:**

• *Coffee, milk, water, hot chocolate, and/or apple, cranberry, and orange juice*

• **MAIN ENTREE:**

• *Meatloaf with gravy, mashed potatoes, corn*

• **DESSERT:**

• *Banana Nut Bread*

DINNER

• **BEVERAGE OPTIONS:**

• *Coffee, milk, water, hot chocolate, and/or apple, cranberry, and orange juice*

• **MAIN ENTREE:**

• *Battered Haddock sandwich with mixed vegetables*

• **DESSERT:**

• *Fruit Jello*