

# Sample Menu

## Breakfast

*Sample Breakfast Menu items*

### *Breakfast Entrees*

Eggs Cooked to Order  
Pancakes  
Waffles  
French Toast  
Biscuits with Gravy

### *Breakfast Side Items*

Hash Brown Potatoes  
Oatmeal & Grits  
Cold Cereal  
Bacon, Sausage & Ham  
Cream of Wheat & Cream of Rice  
Mixed Fruit  
Whole Grapefruit

### *Juices*

Orange Juice  
Apple Juice  
Cranberry Juice  
Prune Juice

### *Assorted Breads*

Biscuit  
Cinnamon Roll  
English Muffin  
Danish  
White Toast  
Cinnamon Raisin Toast

### *Breakfast Beverages*

Coffee, Reg & Decaf  
Hot Tea  
Milk

## Lunch

*Sample Lunch Menu items*

### *Soups*

Vegetable Beef  
Hearty Chicken Noodle

### *Salads*

Tossed Garden Salad  
Potato Salad  
Broccoli Salad  
Marinated Beet Salad  
Raisin Salad  
Cole Slaw

### *Lunch Entrees*

Lasagna  
Country Fried Steak  
Beef or Chicken Fajitas  
Beef or Chicken Tacos  
Stuffed Bell Pepper

### *Sandwiches*

Hamburger  
B.L.T.  
Egg, Tuna & Chicken Salad  
Grilled Cheese  
Deli Sliced Ham & Roast Beef  
Grilled Cheese with Turkey or Ham  
Deli Sliced Turkey  
Baked Chicken Breast  
Hoagie or Club

### *Lunch Side Items*

Lettuce/Tomato/Pickle  
Baked Beans  
Seasonal Fruit  
Tater Tots & French Fries  
Macaroni Salad  
Mixed Fruit  
Waldorf Salad  
Potato Chips or Fritos  
Potato Wedges  
Cottage Cheese

### *Desserts*

Assorted Fruit & Cream Pies  
Assorted Cakes  
Assorted Puddings  
Sugar-free options are available for dessert

## Dinner

*Sample Dinner Menu items*

### *Dinner Entrees*

Beef Pot Roast  
Pork Loin  
Meatloaf  
Turkey Breast  
Fried Chicken  
Ham  
Pork Chop  
Salmon, Cod, Tilapia, Catfish

### *Dinner Side Items*

Whole Baked Irish Potato  
Harvest Beets  
Seasoned Cabbage  
Baked Sweet Potato  
Fresh Steamed Dill Carrots  
Steamed Seasoned Corn  
Seasoned Turnip Greens  
Mashed or New Potatoes  
Seasoned Beans  
Spinach

### *Desserts*

Pecan Pie  
Chocolate Fudge Brownies  
Assorted Cookies  
Assorted Fruit Cobblers  
Sugar-free options are available for dessert