



Sample Menu – Independent Living, Open Daily

BREAKFAST

ENTREES

brioche french toast

♥cereal

*raisin bran, special k, honey nut
cheerios, frosted flakes, corn flakes,
rice krispies, shredded mini wheat*

♥buttermilk pancakes

eggs (cooked to order)

omelet (cooked to order)

SIDE ORDERS

creamy grits

*♥oatmeal

♥hashbrowns

country ham

sausage patty

bacon

BREAD

♥rye

♥wheat

raisin

buttered croissant

♥white

♥english muffin

plain, grilled, or toasted

♥DENOTES HEART HEALTHY, *DENOTES DIABETIC FRIENDLY

LUNCH/SUPPER

SANDWICHES

bread

♥rye

♥wheat

buttered croissant

♥white

plain, grilled, or toasted

angus beef hamburger

deli ham

♥deli turkey

all-beef hot dog

blt (bacon, lettuce, and tomato)

ENTRÉE SPECIALS

sweet and sour protein bowl

your choice of protein and sweet and sour sauce on a bed of jasmine rice

*♥mediterranean bowl

your choice chicken breast filet or wild-caught salmon filet grilled and served on seasoned vegetable blend, with garbanzo quinoa, tomatoes, and olives

*♥salad bar available daily

ENTREES, CONTINUED

spaghetti with meat sauce

flounder filet

deep-fried, blackened, or *♥steamed

shrimp

*♥steamed, fried, blackened, or sauteed

petite filet mignon

pork chop

*♥grilled, fried, or smothered

chicken breast filet

*♥grilled, fried, or smothered

breaded chicken tenders

♥DENOTES HEART HEALTHY, *DENOTES DIABETIC FRIENDLY

SIDES

french fries

**♥baked potato*

**♥baked sweet potato*

creamy grits

homestyle mashed potatoes

♥white rice

flame-roasted fuji apples

**seasoned green beans*

**♥fresh seasonal vegetable blend*

**green butter beans*

**sauteed okra*

**stewed tomatoes*

**applesauce — sweet or unsweet*

**seasoned cabbage*

fresh local corn on the cob

**southern mustard greens*

**sweet garden peas*

BREAD

hushpuppy

garlic bread

corn bread