



# Sample Weekly Menu

*Standard Fare Options Always Available for Lunch/Dinner (See Standard Fare Menu)*

## Breakfast

### Continental

coffee, juices  
cereals, fruit, pastries  
muffins, oatmeal, grits

### Full Service

The Classic  
Fresh Eggs  
Crispy Bacon  
Fresh fruit  
Toast or Muffin

## Lunch

Roast Beef Au Jus  
Mashed Potatoes  
Season Carrots  
Dinner Roll  
Ice Cream

## Dinner

Grilled Ham and Cheese  
Breaded Vegetable Sticks  
Garden Fresh Salad  
Fresh Fruit

### Continental

coffee, juices  
cereals, fruit, pastries  
muffins, oatmeal, grits

### Full Service

The Flap Jack  
Hot Pancakes  
Fresh Eggs  
Breakfast Sausage  
Fresh Fruit

Turkey and Swiss Hoagie  
Potato Chips  
Mixed Green Salad  
Fresh Fruit  
Oatmeal Raisin Cookie

Lemon Pepper Chicken  
Roasted Red Potatoes  
Lima Beans  
Crescent Roll  
Confetti Cake

### Continental

coffee, juices  
cereals, fruit, pastries  
muffins, oatmeal, grits

### Full Service

The Classic  
Fresh Eggs  
Crispy Bacon  
Fresh fruit  
Toast or Muffin

Swedish Meatballs  
Noodles  
Marinated Tomato Salad  
Dinner Roll  
Fresh Fruit

Seafood Gumbo  
Rice  
Steamed Asparagus  
Dinner Roll  
Ice Cream

### Continental

coffee, juices  
cereals, fruit, pastries  
muffins, oatmeal, grits

### Full Service

The French Connection  
French Toast  
Fresh Eggs  
Breakfast Sausage  
Fresh Fruit

Reuben Sandwich  
Sauerkraut  
Tater Tots  
Garden Fresh Salad  
Cupcake

BBQ Chicken  
Baked Beans  
Calico Coleslaw  
Cornbread  
Apple Crisp

### Continental

coffee, juices  
cereals, fruit, pastries  
muffins, oatmeal, grits

### Full Service

The Classic  
Fresh Eggs  
Crispy Bacon  
Fresh fruit  
Toast or Muffin

Soup of the Day  
Chef Salad  
Ham, Turkey, Egg  
Bran Muffin  
Yogurt/Berries/Granola

Steak  
Baked Potato  
Steamed Green Beans  
Dinner Roll  
Ice Cream

### Continental

coffee, juices  
cereals, fruit, pastries  
muffins, oatmeal, grits

### Full Service

The Southern  
Biscuits and Gravy  
Fresh Eggs  
Breakfast Sausage  
Fresh Fruit

Hot Dog  
French Fries  
Mixed Green Salad  
Fresh Fruit  
Chocolate Chip Cookie

Fish Fillet w/ Dill Sauce  
Macaroni and Cheese  
Okra and Tomatoes  
Dinner Rolls  
Key Lime Pie

### Continental

coffee, juices  
cereals, fruit, pastries  
muffins, oatmeal, grits

### Full Service

The Classic  
Fresh Eggs  
Crispy Bacon  
Fresh fruit  
Toast or Muffin

Resident Recipe  
or  
Standard Fare  
Selection

Chicken Fettuccine  
Noodles  
Baby Peas  
Italian Bread  
Ice Cream