



## *Sample Menu*



### **BREAKFAST**

Assorted Hot/Cold Cereals with Fresh Berries♥  
Eggs/Omelets any style  
Lox and Bagels 🍷  
Pancakes/ French Toast with Berries  
Selection of breads and pastries

### **LUNCH**

Harvest Grain and Mushroom Soup  
Turkey with Gravy, Steamed Broccoli, Stuffing and Cranberry Sauce♥  
Quiche Lorraine with Fresh Fruit Salad  
Seafood Salad on a Croissant with a Bed of Mixed Greens♥  
Gefilte Fish Platter 🍷

### **DINNER**

Roasted Sliced Filet Mignon with Shiitake Mushroom Sauce, Baked Potato & Grilled Asparagus  
Grilled Atlantic Salmon with Creamy Dill Sauce, Rice & Roasted Zucchini♥  
Roasted Chicken with Rosemary, Garlic Mashed Potatoes and Green Beans♥

### **DESSERT CART**

Dutch Apple Pie ala Mode ☺  
Pudding or Jell-O ☺  
Assorted Fresh Fruit Platter ☺  
Ice Cream or Yogurt ☺

Coffee/Tea (regular & decaf), Soft Drinks, Variety of Juices, Low-fat & Regular Milk, Hot Cocoa

### **ALWAYS AVAILABLE AT DINNER**

Spaghetti & Meatballs; Chelsea Signature Steak/Lamb Chops; Coconut Shrimp over Rice;  
Cottage Cheese & Fruit ♥☺

### **ALWAYS AVAILABLE AT LUNCH**

Egg Beater Cheese Omelet♥; Cottage Cheese & Fruit♥☺; Grilled Cheese Sandwich; Homemade  
Tuna Salad♥; Franks and Beans 🍷

🍷 Higher in Sodium   ♥ Heart Healthy   ☺ Available Sugar Free Dessert

*Approved by Lu Ann Smith, Registered Dietitian*