

# SAMPLE MENU

## Breakfast

Apple Juice  
Cream of Wheat with Bran  
Cottage Cheese  
Whole Wheat Toast

### **Alternative Choice**

Assorted Cereal  
Hard Boiled Egg  
White Toast  
Strawberry Jam

## Lunch

Country Bean & Vegetable  
Soup  
Sautéed Mushroom and Swiss Cheese Quiche  
Buttered Corn  
Whole Wheat Bread  
Margarine  
Fresh Cantaloupe

### **Alternative Choice**

Spaghetti with Homemade Meat Sauce  
Caesar Salad  
Vanilla Ice Cream

## Dinner

Italian Baked Fish with Fresh  
Lemon Wedge and Tartar Sauce  
Roasted New Potatoes  
Seasoned Diced Turnips  
Black Forest Tart

### **Alternative Choice**

Roast Turkey with gravy  
Mashed Potatoes  
Prince Edward Vegetables  
Fresh Strawberries

**Daily snacks (morning, afternoon and evening) are also offered**

Coffee, tea, milk, fruit juice and water are available at all meals and snacks