

# Assisted Living Sample Menu

## Breakfast

### Sunday

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Waffles  
Muffins

### Monday

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French Toast  
Raisin Toast

### Tuesday

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Fried Eggs  
Donuts

### Wednesday

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Biscuits and Gravy  
Sausage

### Thursday

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Omelets  
Hash Browns

### Friday

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Pancakes  
Blueberry Crepes

### Saturday

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Waffles  
Muffins  
Fried Eggs

## Available Daily

|                   |                |
|-------------------|----------------|
| Eggs/ Egg Beaters | Oatmeal        |
| Bacon             | Cream of Wheat |
| Toast             | Cornflakes     |
| Grapefruit        | Raisin Bran    |
| Bananas           | Shredded Wheat |
| Fruit Salad       | Cheerios       |

## Beverages

Regular Coffee, Decaf Coffee, Hot Tea, Orange Juice, Milk, Prune Juice, Apple Juice, Cranberry Juice

## Anytime Menu

### Cold or Toasted Sandwiches

(choice of white or wheat bread)

Ham  
Turkey  
BLT  
Hot Dog  
Tuna Salad Sandwich  
Pimento Cheese  
Peanut Butter & Jelly  
Popcorn Shrimp  
Butterfly Shrimp  
Chicken Strips  
Fish Filet (baked)  
Grilled Chicken Breast

### Hot Sandwiches

Hamburger  
Cheeseburger  
Grilled Cheese

### Salads

Chef Salad | Grilled Chicken Salad  
Chicken Tender Salad | Side Salad  
Soup (*low sodium soup also available*)

- Tomato
- Chicken Noodle

### Sides

Baked Potato | French Fries | Potato Salad  
Onion Rings | Cottage Cheese | Baked Lays  
Lays Potato Chips | Fruit | Grapefruit | Yogurt