

# Sample Menu



## BREAKFAST

Cold Cereal, Oatmeal, or Grits

Choice of Eggs

Bacon & Sausage

Biscuit or Toast

Fresh Fruit

Juice, Coffee & Tea

## DINNER

Salad Bar

Seafood Newburg

Or

Chopped Steak with Onions & Gravy

Rice Pilaf

Seasoned Broccoli / Zucchini

Yeast Roll

Lemon Ice Box Pie

## SUPPER

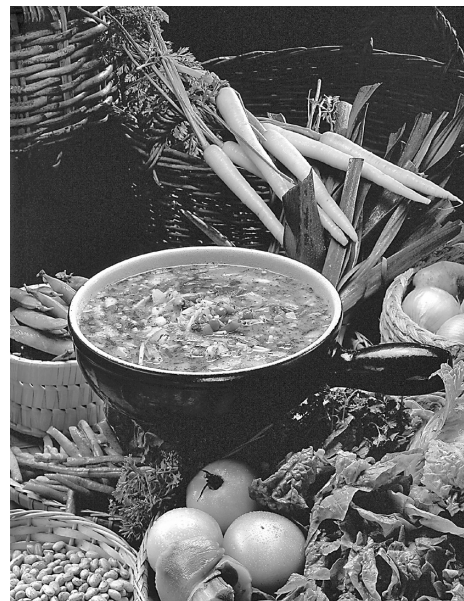
Salad Bar

Beef Barley Soup

Monte Cristo Sandwich

Sweet Potato Pie

Cherry Cobbler



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*A Capital Senior Living Community*

