



Always Available

Breakfast Options

- ♥☺ Egg White Omelet / ☺ Whole Egg Omelet
- ☺ Eggs Your Way: Hard Boiled, Poached, Over Easy/Medium Fried Egg
- Pancakes / Waffles (sugar-free syrup available)
- French Toast
- ♥ Yogurt and Granola Parfait
- ♥ Cold Cereal Assortment

Main Course

- ☺ Chef's Salad (deli meats, cheese, veggies, ranch dressing)
- ♥☺ Grilled Chicken Salad (sliced grilled chicken, veggies, oil & vinegar dressing)
- Cottage Cheese & Fruit Plate
- Deli Sandwich (tuna salad, egg salad, ham, turkey- on your choice of bread)
- ♥☺ Grilled Chicken Wrap (sliced grilled chicken, lettuce, tomato in a flour tortilla)
- Hamburger, Cheeseburger, ♥ Turkey Burger (Included lettuce, tomato, onion)
- All American Hot Dog
- Chicken Tenders / Chicken Wings
- Grilled Cheese Sandwich
- Bacon Lettuce Tomato Sandwich
- ☺ Baked Fish (Chef's Choice)

Sides

- ☺ Cottage Cheese Cup
- ♥ Fresh Fruit Cup
- French Fries
- Onion Rings
- ♥ Baked Potato
- Mashed Potatoes
- ♥☺ Side Garden Salad

☺ Diabetic Friendly

♥ Heart Healthy