

*Our chefs are constantly introducing new menus for our residents. Below is a sampling of menu items our residents enjoy daily.*

 **Heart Healthy Options**

This heart healthy symbol indicates a low fat, low cholesterol and low sodium item.

## **BREAKFAST**

### **Cereals**

Assorted Cold Cereals, Oatmeal, Cream of Wheat

### **From the Grill**

Buttermilk Pancakes, French Toast, Belgian Waffles

### **Eggs and Omelets**

Fresh Eggs cooked any style

Omelet of your choice

Egg White Omelet

### **Accompaniment**

Bacon, Sausage, Ham

Hash Brown Potatoes

Assorted Breads and Bagels

Assorted Freshly Baked Muffins

Fresh Seasonal Fruit

### **Fruit Juices**

Orange, Cranberry, Apple, Tomato, Prune

### **Beverages**

Freshly Brewed 100% Colombian Coffee

Regular, Decaffeinated, Assorted Hot Tea, Milk, Hot Cocoa

**ALWAYS  
AVAILABLE  
MENU**

 **FREMONT HILLS**  
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# ALWAYS AVAILABLE MENU

## LUNCH & DINNER

### Soups and Salads

- ♥ Chicken Consommé (Broth)
- ♥ Chef's Salad Platter
- ♥ Seasonal Fresh Fruit & Cottage Cheese Platter
- Tuna, Chicken or Egg Salad Platter

### From the Grill

- Sirloin Burger or Cheeseburger
- ♥ Garden Burger
- ♥ Turkey Burger
- Grilled Cheese Sandwich
- Kosher All Beef Hot Dog
- Grilled Ham Steak

### From the Deli

- Turkey, Ham or Roast Beef Sandwich
- Albacore Tuna, Chicken or Egg Salad Sandwich
- Peanut Butter & Jelly Sandwich
- BLT Sandwich
- Cheese Sandwich

# ALWAYS AVAILABLE MENU

## From the Kitchen

- ♥ Fresh Catch of the Day
- ♥ Grilled Skinless and Boneless Chicken Breast
- Oven Roasted Chicken
- Cheese or Plain Omelet
- Scrambled Eggs
- ♥ Steamed Vegetable Platter

## Chef's Signature

*(Add \$3.00 – Must be ordered in advance)*

Center Cut Filet Mignon Broiled to Your Liking

## Desserts

- ♥ Jell-O, Available in Sugar Free
- Ice Cream, Available in Sugar Free
- Pudding, Available in Sugar Free

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