

St. Germain Assisted Living Sample Menus

BREAKFAST

Assorted Juice
Oatmeal
Cold Cereal
Toast/English Muffin
Western Omelet
Bacon, Tater Tots
Fruit
Coffee/Tea/Milk

DINNER

Chef's Choice Soup
Or Salad
Roast Sirloin of Beef Au Jus
Roasted Potatoes
Fresh Veggie Medley
Cream Pie
Coffee/Tea/Milk

SUPPER

Chef's Choice Appetizer
Chicken Cut Parm with Red Sauce
Side of Shells
Dinner Roll
Chef's Choice Dessert
Coffee/Tea/Milk

BREAKFAST

Assorted Juice
Cream of Wheat
Cold Cereal
Toast/English Muffin
Cinnamon French Toast
Yogurt, Sausage
Fruit
Coffee/Tea/Milk

DINNER

Popcorn Shrimp
with Cocktail Sauce
Baked Swordfish
with Fresh Lemon
Buttered Boiled Potatoes
Baby Carrots
Angel Cake with
Blueberries and Whipped Cream
Coffee/Tea/Milk

SUPPER

Chef's Choice Appetizer
Salisbury Steak with Gravy
Mashed Potatoes
Veggies
Chef's Choice Dessert
Coffee/Tea/Milk