



ALWAYS AVAILABLE MENU

CHEF SALAD*

Hard-boiled egg, tomatoes, onion, cucumber, cheese, turkey & ham. Choice of dressing.

COTTAGE CHEESE FRUIT PLATE*

Cottage cheese on a lettuce leaf with a blend of fruit served with saltines.

GRILLED HAM & CHEESE OR GRILLED CHEESE SANDWICH

Cheese perfectly grilled between two slices of whole wheat bread served alone or with soup of the day.

BREAKFAST YOUR WAY

Two eggs, prepared to your way.
Choice of bacon or sausage & 2 toast.

Note: Please allow 15 minutes of preparation time for your order.

***Chef's Healthy Choice**



Arbor Oaks
SENIOR LIVING

ALWAYS AVAILABLE MENU

HAMBURGER ON A BUN

A grilled beef patty on a bun with your choice of cheese, tomato, lettuce & onion. Served with chips or fruit

ALA CARTE

Cottage Cheese

Fruit

Yogurt

Chips

Side Salad

Soup of the Day

DESSERT

Ice Cream: Vanilla, Chocolate, Strawberry

Dessert of the Day

Fresh Seasonal Fruit

Note: Please allow 15 minutes of preparation time for your order.

***Chef's Healthy Choice**