**BREAKFAST - 0700 - 0830**

|---------|---------|---------|----------|---------|---------|---------|----------|----------|---------|---------|----------|----------|---------|---------|---------|----------|---------|---------|---------|----------|---------|---------|---------|----------|---------|---------|---------|----------|

**LUNCH - 1130 - 1300**

|---------|---------|---------|----------|---------|---------|---------|----------|---------|---------|---------|----------|---------|---------|---------|----------|---------|---------|---------|----------|---------|---------|---------|----------|---------|---------|---------|----------|

**DINNER - 1630 - 1800**

|---------|---------|---------|----------|---------|---------|---------|----------|---------|---------|---------|----------|---------|---------|---------|----------|---------|---------|---------|----------|---------|---------|---------|----------|---------|---------|---------|----------|

**STANDARD BREAKFAST MENU ITEMS**

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit, Cut Fresh Fruit, Grapefruit Slices, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

**STANDARD MENU ITEMS ALL MEALS**


**STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER**

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots, Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs, Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers, Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Carons, Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

**STANDARD SALAD DRESSINGS**

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil

**SALADS / GELATINS**

- Cashew Pea Salad / Strawberry
- Marinated Cucumbers / Orange
- Italian Pepper Salad / Cherry
- Black Bean, Corn & Avocado Salad / Lemon
- Broccoli Salad / Raspberry
- Fruit Salad / Lime
- Macaroni Salad / Watermelon

**DAILY SALAD BAR ROTATION**

- Monday: Sliced Peaches / Apricot Halves
- Tuesday: Sliced Peaches / Tropical Fruit Cocktail
- Wednesday: Sliced Peaches / Pineapple Chunks
- Thursday: Sliced Peaches / Mandarin Oranges
- Friday: Sliced Peaches / Fruit Cocktail
- Saturday: Sliced Peaches / Pineapple Slices
- Sunday: Sliced Peaches / Pear Halves

**FRUITS**

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats and/or sodium than the regular line items. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.