

breakfast

pantry ♥ fresh grapefruit half – banana - melon in season
baked apples - stewed prunes
orange – grapefruit – pineapple – apple – tomato - prune juice
frosted flakes - special k - raisin bran - rice krispies - corn flakes
fruit loops - cheerios – lucky charms – cinnamon toast crunch
hot cream of wheat - hot oatmeal - hominy grits
all cereals are served with milk

♥ plain, strawberry or peach yogurt
guava - strawberry and grape jellies - orange marmalade
honey - diet jellies served on request
smoked salmon with cream cheese and toasted bagel

main eggs benedict
poached eggs on toasted english muffins with canadian bacon and hollandaise sauce

omelettes
light and fluffy, prepared plain, with ham, cheese or a combination
boiled, fried, scrambled or poached eggs

♥ low cholesterol egg substitute available on request
buttermilk pancakes or belgian waffles
available with stewed bananas, strawberries or blueberries, syrup, honey or cream
french toast with cinnamon sugar

side corned-beef hash - sliced ham
hickory- smoked sliced bacon – hash - browned potatoes
pork link sausage – chicken sausage - turkey bacon

bakery danish – croissants – muffins - plain and raisin english muffins
bagels - white - whole wheat or rye toast
norlander bread - gluten free bread

beverage iced, hot and herbal teas – milk - skimmed milk – chocolate milk
freshly brewed regular or decaffeinated coffee - hot chocolate

♥ denotes healthy options which are low in fat, cholesterol and sodium