

## BREAKFAST ~ served from 7:30 am to 9 am

### #1 Healthy Start

Red River Hot Cereal, Fruit Yogurt and Sliced Pineapple

### #2 Hot Breakfast

A golden Belgian style waffle served with fresh blackberries and a side of light nutri whip topping.

(toast, fresh muffins, assorted pastries, hot oatmeal, assorted cold cereals, fresh fruit, sliced cheese, cottage cheese, coffee, tea & fruit juices also available a la carte)

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## LUNCH ~ served from 11:30 am to 1 pm

### #1 Soup & Sandwich

Shrimp & Asparagus Chowder & Deli Salami Sandwich

### #2 Hot Lunch - French Beef Dip au Jus

Tender shaved roast beef on a warm italian bun served with your choice of soup, salad or fresh vegetable sticks and a side of coleslaw

### #3 Salad of the Day - Chicken Waldorf with Raisin Scone

(clear broth, tossed garden salad, Caesar salad, coleslaw, fresh vegetables, fruit gelatin, cottage cheese, tomato & V8 juice, toast, fresh fruit & sliced cheese also available each day)

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## DINNER ~ served from 5 pm to 6:30 pm

Mixed Baby Field Greens & Bread Basket

### #1 Grilled Coho Salmon Fillet with Lemon Herb Butter

OR

### #2 Boneless Grilled Pork Loin Chops with Mango Chutney

each entrée served with a vegetable rice pilaf and steamed asparagus tips

### #3 Light Dinner - Asparagus Omelet with Flax Toast & Cherry Tomatoes

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### Dessert of the Day

Raspberry Crème Caramel