

# Sample Menu

## Breakfast

### Choice 1

Apple Juice  
Hot Oatmeal  
Boiled Egg  
Buttered Whole Wheat Toast  
Jam  
Brown Sugar

### Choice 2

Assorted Cold Cereal  
Peanut Butter  
Buttered Raisin Toast



## Lunch

Cream Of Tomato Soup

### Choice 1

Chicken Salad Sandwich  
Sugar Snap Pea and Bean Salad  
Stewed Rhubarb

### Choice 2

Macaroni and Cheese  
Brussels Sprouts  
Butter Tart Square  
Whole Wheat Bread  
Margarine



## Dinner

Whole Wheat Buttered Bread

### Choice 1

Sweet and Sour Ribs  
Mashed Potatoes  
California Blend Vegetables  
Strawberry Shortcake

### Choice 2

Pepper Steak  
Baked Polenta  
Glazed Yams  
Mandarin Orange Sections



## **Included Services in Monthly Accommodations Rates**

- 24-hour Registered Nursing Care & Supervision
- Professionally trained staff to provide the highest level of care
- Regularly scheduled Family Meetings
- Three daily Chef prepared meals with 2 different menu selections – Approved by a Registered Dietitian
- Lovely dining rooms to offer a Pleasurable Dining Experience
- Daily recreational and physical activities
- Physiotherapy Assessments and Services
- Daily nutritional snack and beverage carts
- Cable TV available / WIFI
- State of the art Security System/Fire Sprinklers
- Professionally maintained grounds
- Pet Therapy
- Secure Unit
- Family and Resident Councils
- Oxygen Therapy
- Music Therapy