



Sample Menu

Soup

New England Clam Chowder

Lobster Bisque

Salad

Fresh Garden Salad

Fresh Coleslaw

Sliced Tomato Salad

Caesar Salad with Anchovies and Fresh Croutons

Traditional Spinach Salad

Stewed Prunes

Peach or Pear Halves with Cottage Cheese

Dressings: Blue Cheese, Thousand Island, Balsamic Vinaigrette, Creamy Italian, Fat Free French, Fat Free Raspberry Vinaigrette, Fat Free Honey Dijon, Fat Free Italian, and a Variety of Vinegars

Entree

Roasted Tenderloin of Beef with Béarnaise Sauce

♥ Chicken and Shrimp Paella ♥

Fresh Catch of the Day

Caesar Salad topped with Grilled Shrimp

Tofu and Vegetable Stir Fry served over Basmati Rice

Create an Omelette:

Farm Fresh Eggs * Egg Substitute * Mushroom * Ham

Bacon * Onions * Sweet Peppers * Tomatoes * Cheese

Seasonal Fresh Fruit Plate

Side Dishes

Baked Potato, Stewed Tomatoes, Seashore Point Rice, Corn Relish, French Fries, Apple Sauce, Green Beans Almondine, Glazed Carrots, Cranberry Sauce

Beverages

Coffee, Decaf Coffee, Tea, Apple Juice, Orange Juice,
Cranapple Juice, Milk, Skim Milk and 2% Milk

Chef's Choice of Delicious Desserts

Cakes, Pies, Ice Creams, Sherbet and Fresh Fruits