

Sample Menu

Parkside at North East

Breakfast

Lunch

Dinner



BREAKFAST

Cream of Wheat/ Cold Cereal
Pancakes or Egg Beater
Maple Syrup or Sugar Free Syrup
Bacon
Danish/ Toast

LUNCH

Menu

Ambrosia Salad
Chicken Salad Sandwich w/ Lettuce and Tomato
Potato Chips
Oatmeal Raisin Cookies

Alternates

1. Bowl of Beef Stew w/ Roll
2. Grilled Chicken Salad – Dressing
3. Turkey Sandwich w/ Lettuce, Tomato, mayo

DINNER

Menu

Wild Rice Split Pea Soup
Pork Loin
Broccoli or Corn
Sour Cream Cheesy Potatoes
Baked Potato
Cheesecake w/ Cherry Topping

Alternates

1. Spaghetti w/ Meat Sauce
2. Chicken Cordon Bleu
3. Tuna Noodle Casserole