

Sample Menu
The Regency at South Shore

Breakfast

Lunch

Dinner



BREAKFAST

Oatmeal/ Cold Cereal
Cheese Omelette
Hash Browns
Prunes
Cinnamon Roll/ Toast

LUNCH

Cream of Broccoli
Sliced Turkey Sandwich or
Ham and Scalloped Potatoes
Coleslaw
Sherbet

DINNER

1. **Spaghetti and Meatballs:** Angel Hair Pasta and Marinara Sauce
2. **Chicken Divan:** Grilled Chicken and Broccoli in Supreme Sauce
3. **Baked Tilapia:** Farm Raised Tilapia w/Fat Free Honey Dijon
4. **Voyager:** Tender Beef, Swiss Cheese on Grilled Italian Parmesan Bread
5. **Sautéed Scallops:** Sautéed w/ Garlic Butter and Lemon

Soup of the Week: Chicken and Bow Ties

Salads and Sides

Tossed Salad	Fruit Cup	Cottage Cheese/Peaches/Pineapple
Chef Salad	Applesauce	Coleslaw

Dressings

Ranch	Italian	Raspberry Vinaigrette
French	Sweet and Sour	

Options

Steak Burger	Baked Potato
Grilled Chicken Breast	Sweet Potato
Omelette of the Day	Broccoli and Squash
Rueben Sandwich	Rice Pilaf