



WestonGardens

RETIREMENT RESIDENCE

SAMPLE MENU

BREAKFAST

Assorted Fresh Juices

Coffee, Tea

Hot or Cold Cereal

Fresh Baked Muffins,

Toast and assorted

Jams, Jellies

or Marmalade

*(diabetic spreads
are available)*

Soft or Hard Boiled

Eggs, Prunes, Fresh

Fruit and Yogurt

LUNCH

Chicken Noodle Soup

Angus Burger
with Lettuce, Tomato,

Cheese, and

Caramelized Onions

or

Tuna Salad Sandwich

Tomato and

Cucumber Salad

Assorted Dessert

DINNER

Garden Salad

Roast Beef with
Yorkshire Pudding

or

Turkey Pot Pie

SIDE DISHES

Mashed Potatoes

Prince Edward Mix

Cauliflower Florets

DESSERT

Chocolate Brownie

