Redefining Retirement Living

## Breakfast

Eggs (scrambled, poached, fried or boiled) with bacon or sausage and toast. Muffins, fresh fruit, fruit juice, tea and coffee also available.

## Lunch

Main: Breaded sole with whipped potatoes, turnip and carrots. Dessert: Strawberry rhubarb crisp

Main: Cordon bleu with roasted potatoes, cauliflower and corn. Dessert: Banana Loaf

Main: Garlic shrimp with baked potato, squash and peas.
Dessert: Strawberry short cake

## Supper

Main: Beef lasagna with caesar salad and garlic bread.
Dessert: Mandarin orange cake

Main: Breaded chicken strips with potato salad, cheese, pickle, sweet and sour sauce. Dessert: Cherry Pie

Main: Seafood chowder with biscuits.
Dessert: Cherry cheesecake

