

## Silver Lake Sample Menu

**Breakfast**

### **Buttermilk Pancakes**

with Maple Syrup

- Fluffy Scrambled Eggs
- Bacon
- Cereal Selection
- Oatmeal
- Juice
- Coffee

**Lunch**

### **Chicken Alfredo**

with Spaghetti Noodles

- Broccoli Florets
- Tossed Garden Salad
- Dinner Roll
- Peanut Butter Cookie

**Dinner**

### **Herb and Lemon Fish Fillet**

- Vegetable Blend
- Baked Potato
- Dinner Roll
- Deluxe Fruit Salad

**Breakfast**

### **Apple Cinnamon French Toast**

with Maple Syrup

- Bacon
- Cereal Selection
- Oatmeal
- Juice
- Coffee

**Lunch**

### **Maple Dijon Chicken Thigh**

- Herbed Green Beans
- Baked Potato
- Dinner Roll
- Pear Crisp

**Dinner**

### **Baked Ziti**

with Italian Sausage

- Caesar Salad
- Garlic Bread
- Lemon Bar

**Breakfast**

### **Scrambled Eggs**

- Breakfast Ham
- English Muffin
- Cereal Selection
- Oatmeal
- Juice
- Coffee

**Lunch**

### **Braised Beef Round Roast**

with Brown Gravy

- Honey Roasted Carrots
- Garlic Roasted Red Skin Potatoes
- Chilled Peach Parfait

**Dinner**

### **Sweet and Sour Pork**

- Green Peas
- Yellow Rice
- Dinner Roll
- Mandarin Oranges