

Oceanside *Retirement Living*

Dining Menu Sample Day

Breakfast

Pancakes with Maple Syrup,
Butter or Margarine
Slices of Bacon
Milk

9:45am Snack

1 Cinnamon Twister Roll
Choice of Beverage

Lunch

Tuna Melt Sandwich with Cheddar Cheese
Tossed Salad with choice of Dressing
Apple Wedges
Choice of Beverage

3:00pm Snack

Peaches and Cream

Dinner

Pot Roast
Slice of Bread with Butter or margarine
Steamed Spinach
Choice of Beverage

8:00pm Snack

Granola Bar
Choice of Beverage