

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