

BREAKFAST

Available for ordering from 6:45 am to 6 pm

Fruits & Juices

Apple Juice	Banana
Cranberry Juice	Fresh Fruit Cup
Orange Juice	Prunes
Tomato Juice	

Cereals, etc.

Oatmeal	Cornflakes
Cream of Wheat	Raisin Bran
Krispy Rice	Toasted Oats
Sugar Frosted Flakes	

Late Vanilla Yogurt
 Lite Fruited Yogurt – peach, blueberry
 or strawberry

Breakfast Entrees

Scrambled Egg
 Cholesterol-Free Scrambled Egg
 Cheese Omelet
 Ham and Cheese Omelet
 Buttermilk Pancakes with syrup
 French Toast with syrup
 Bacon or Sausage
 Home fries

Bakery & Breads

Blueberry Muffin
 Raisin Bran Muffin
 Low Fat Banana Bread
 Toasted Plain Bagel
 Toasted Cinnamon-Raisin Bagel
 White or Whole Wheat Toast
 Toasted English Muffin



LUNCH AND DINNER

Available for ordering from 10 am to 6 pm

SOUPS & SANDWICHES

Soups

Chicken Noodle Soup
 Tomato Soup
 Vegetable Soup
 Chicken or Beef Broth

On the Side

Fresh carrots, celery, broccoli & cauliflower
 for Dipping
 Garden Salad
 Fresh Fruit Cup – melon, grapes, and strawberries
 (seasonal)
 Dressings: Italian, French, Ranch, Oil & Vinegar,
 1000 Island
 Fat free versions available upon request

Deli Bar

Create your own custom sandwich – all sandwiches are
 served with lettuce and tomato

Sliced Meats – Turkey Breast, Sliced Ham
 Fillings – Chicken Salad, Egg Salad, Tuna Salad, B.L.T.,
 Hummus, Peanut Butter & Jelly
 Cheese – American, Swiss, Provolone, Low fat
 Breads – White, Whole Wheat, Rye, Pita, Wrap, Bulkie
 Roll
 Extras – Onion, Pickle, Chips – regular or baked

From the Grill

Chicken Quesadilla with sour cream & salsa
 Grilled Cheese Sandwich
 Grilled Chicken on a soft bulky roll
 Hamburger / Cheeseburger on a bun
 Veggie Burger on a bun



THE "MAINE" EVENT

Entrée Salads

Asian Chicken Salad with Oriental Dressing
 Grilled chicken on top of a bed of fresh tossed greens, sweet juicy
 mandarin oranges, and toasted almonds served with oriental dressing
Chef Salad
 Fresh greens topped with julienned slices of turkey breast, ham,
 American cheese and a hard-boiled egg

Fresh Fruit & Cheese Plate

Fresh seasonal fruit with cubed cheddar and swiss cheeses

Grilled Chicken Caesar Salad

Grilled chicken on top of crisp romaine lettuce, shredded Parme-
 san cheese and crunchy home-style croutons

Entrées

Glazed Chicken
 Delicately seasoned broiled chicken tenders & sliced mushrooms
 combined in a golden brown sauce lightly seasoned with tarragon
Roast Turkey
 All white meat turkey based in natural broth and served with your
 choice of accompaniments listed below

Home-style Meatloaf

Our own meatloaf made with lean ground beef and served with a
 rich demi glace sauce

Pot Roast with Gravy

Fork-tender lean beef slow-roasted in natural juices

Fillet of Haddock Parisienne

Baked haddock served over julienned garden vegetables

Healthy Lite Fish Fillet

Lightly breaded heart healthy Alaskan pollock fillet

Macaroni & Cheese

Elbow macaroni in a creamy cheese sauce

Pasta Bar – Mix & Match

Spaghetti, regular or whole wheat, Cheese Ravioli
 Meat sauce, Marinara sauce, Alfredo sauce

Accompaniments

Whipped Potato	Mac and Cheese	Sliced Carrots
Oven Roasted Potatoes	Bread Stuffing	Buttermut Squash
Rice Pilaf	Dinner Roll	Cut Green Beans
White Rice		Sweet Green Peas
Gravy (beef or chicken)		Whole Kernel Corn

DESSERTS, BEVERAGES & CONDIMENTS

Desserts

Cake – Angel Food, Low Fat Pound, Chocolate,
 Carrot
 Pie – Lemon Meringue, Apple
 Cookie – Chocolate Chip, Oatmeal Raisin, Sugar,
 Cranberry Flax
 Pudding – Butterscotch, Chocolate, Tapioca, Vanilla
 Fresh Fruit – Apple, Banana, Orange, Cantaloupe,
 Watermelon, Strawberries (seasonal)
 Soft Fruit – Applesauce, Peach Slices, Pear Halves
 Ice Cream – Chocolate, Strawberry, Vanilla, Coffee
 Sherbet – Orange, Raspberry
 Gelatin – Strawberry, Orange, Lemon, Lime
 Baked Custard Vanilla Frozen Yogurt
 Chocolate Mousse Rice Krispies Treat

Beverages

Hot – Coffee (Regular or Decaf)
 Tea (Regular or Decaf)
 Herbal Tea
 Hot Chocolate
 Cold – Low Fat 1% Milk
 Skim Milk
 Low Fat Chocolate Milk
 Lactose Free Milk
 Soy Milk
 Pepsi, Diet Pepsi, Ginger Ale, Diet Ginger Ale,
 Caffeine Free Pepsi, Caffeine Free Diet Pepsi,
 Iced Tea, Diet Iced Tea

Condiments

Margarine	½ & ⅓ Creamer	Ketchup
Butter	Non Dairy Creamer	Mustard
Peanut Butter	Lemon Wedge	Relish
Jelly	Honey	Mayo
Cream Cheese	Crackers	Tartar Sauce
Cranberry Sauce	Parmesan Cheese	
Brown Sugar		