

# The Willows

## SAMPLE DAILY MENU

### BREAKFAST

Hot & Cold Cereals  
Hard Boiled Eggs  
Pastries  
Fresh Fruit  
Yogurt  
Breads for Toasting  
Choice of Beverage

### LUNCH

Slow Roasted Beef  
Mashed Potatoes  
Glazed Carrots  
Three Bean Salad  
French Silk Pie  
Choice of Beverage

### DINNER

Turkey Club Sandwich  
Coleslaw  
Fresh Fruit  
Cookie  
Choice of Beverage

### ALA CARTE

Chef Salad | Chicken Caesar Salad  
Hamburger | Chicken Sandwich  
Grilled Cheese | Side Salad  
Fresh Veggies | Cottage Cheese  
Yogurt

