

Sample Menu

Thursday



Ambassador
Healthcare

MENU

Always Available
Items:

Hamburger/Cheeseburgers
Grilled cheese
PB&J
Cottage Cheese
Yogurt
Deli Sandwiches
Chef Salads

Breakfast

Choice of Cereal
Scrambled Eggs
Biscuits & Sausage Gravy
Margarine
Juice of Choice
2% Milk
Coffee/Tea

Lunch

Braised Boneless Short Ribs
Mashed Potatoes
Corn
Choice of Roll
Apple Cobbler Cake
Brown Gravy
Margarine
Coffee/Tea

Dinner

White Bean & Collard Green Soup
Saltines
Grilled Chicken Breast Sandwich
Lettuce/Tomato/Onion
Mandarin Oranges
2% Milk
Coffee/Tea