

# Sheila's

## BREAKFAST MENU

### Porridge & Berries

Apple & Cinnamon, Cinnamon & Spice or Maple & Brown Sugar Porridge  
with Berries & Milk

### Yogurt & Granola Parfait

Vanilla Yogurt, Honey, Oat Granola, Toasted Almond & Fruit

### Breakfast Sandwich

Ham or Bacon, Fried Egg & Cheddar Cheese on an English Muffin

### Sheila's Breakfast

Two Eggs any style with your choice of Bacon, Ham or Sausage  
with English Muffin, White, Whole Wheat, Multigrain or Molasses & Raisin Bread

## SIDES

Fruit Bowl

English Muffin or Toast

(Molasses & Raisin, Multigrain, White or Whole Wheat)

Side Porridge

Sausage, Bacon or Ham

Assorted Yogurt

Cold Cereal

(Rice Krispies, Corn Flakes, Raisin Bran, Bran, Mini Wheats or Cheerios)



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## LUNCH MENU

### Soup of the Day

Homemade Chicken Noodle Soup

### Salad of the Day

Tomato & Cucumber Salad with Feta Cheese & Greek Vinaigrette

### Sandwich of the Day with Side Soup or Salad

(On White, Whole Wheat, Raisin & Molasses or Multigrain Bread)

Salmon Salad Sandwich with Cucumber & Boston Bibb Lettuce

or

Chicken Club Sandwich with Mayo, Lettuce & Tomato

### Special of the Day

Beef Stir Fry with Seasonal Vegetables

Served with Basmati Rice



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## DINNER MENU

### Optional Appetizer or Entrée

Seafood Chowder with Cod, Salmon & Scallops

### Daily Special

Pan Fried Cod with Scrunchions

Drawn Butter, Mashed Potatoes, Broccoli Gratin & Beets

### 2nd Option

Roasted Chicken Supreme

with Mushroom Cream Sauce, Mashed Potatoes, Broccoli Gratin & Beets

### Dessert of the Day

Rhubarb Crumble with Vanilla Ice Cream



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