

# **Lord Dufferin Centre Retirement Residence**

*Imagine a better way of living!*

## **Sample Menu**

### **Breakfast**

*(A variety of options to start your day)*

*Whole Grain Toast*

*Hot Oatmeal or Cold Cereals*

*Eggs, Scrambled, Poached, Boiled or Fried*

*Bacon or Sausage*

*Fresh Fruit or Yogurt*

### **Luncheon Entrees**

*(Soup of the Day) Cream of Potato Soup*

*Chicken Breast Finished With A Mushroom Cream Sauce*

*Served With Fresh Vegetables Or Salad*

**Or**

*Quiche Lorraine Served With A Tomato Basil Salad*

*Dessert—Strawberry Shortcake, Fresh Fruit, Ice Cream, Yogurt*

### **Dinner Entrees**

*(Salad of the Day) Mixed Greens Salad With Mandarin Oranges*

*Garlic and Herb Tilapia Finished With A Lemon Sauce With Wild Rice and Steamed Broccoli*

**Or**

*Sliced Pork Garnished With A Spiced Apple Ring, Yukon Gold Mashed Potatoes and Gingered Carrots*

*Dessert—Banana Cream Pie, Fresh Fruit, Ice Cream, Yogurt*

