

INDEPENDENCE MANOR

Good Morning! BREAKFAST MENU

Good Food
Good Friends
Great
Memories

Start your day the delicious way!

FROM THE GRILL

- Eggs any style
- Plain omelet
- Cheese omelet
- Vegetable omelet
- Egg beater omelet
- Poached egg on toast
- Homemade French Toast
- Buttermilk Pancakes
- Blueberry Pancakes
- Bacon
- Sausage
- Sliced Grilled ham

SIDES

- Seasonal fresh fruit
- Cottage cheese
- Stewed prunes
- Yogurt

CEREALS

- Cereals –
 - Corn Flakes
 - Cheerios
 - Raisin bran
 - Honey nut cheerios
 - Raisin Bran Crunch
 - Cheerios Oat Crunch
- Oatmeal
- Cream of Rice

Always
Made Fresh

Thank you for joining us!
WE APPRECIATE YOU!

INDEPENDENCE MANOR

Always Available

MENU

Tasty choices, always here for you!



DELI ITEMS

- Tuna salad
- Egg Salad
- Low Sodium Turkey Breast
- PB&J sandwich
- Smoked Ham
- American Cheese
- Reduced Fat Swiss Cheese
- Lettuce, Tomato

*-On your choice of bread
or served over a bed of lettuce*



HOT FROM THE GRILL

- Plain Omelet or with Cheese
- Veggie Burger
- Broiled Fillet of Fish
- Hamburger or Cheeseburger
- Hot Dog
- Grilled Cheese
(add turkey, ham or Tomato)
- Grilled marinated
Chicken breast



SIDES

- Soup of the Day



- House salad



- Choice of dressing
*Fat Free salad Dressing,
Italian, Ranch,
1000 Island,
Blue Cheese*



- Cottage Cheese



- Stewed Prune



- Baked Potato
or Sweet Potato



DESSERTS

- Assorted Ice cream
& Sugar Free Ice cream



- Yogurt



- Sugar free
Apple sauce



- Reduced Fat
pound cake



- Sugar free
Jello



- Seasonal
Fresh Fruit



Good food. Good choices. Always here for you.