



## Cedarbrook Lodge

RETIREMENT RESIDENCE

### SAMPLE MENU

#### BREAKFAST

Assorted Fresh Juices

Coffee, Tea

Hot or Cold Cereal

Fresh baked Muffins, Toast  
& Assorted Jams, Jellies or  
Marmalade

(diabetic spreads are available)

Soft or Hard Boiled Eggs,  
Prunes, Fresh Fruit and Yoghurt

#### LUNCH

Chicken Noodle Soup

Angus Burger with Lettuce,  
Tomato, Cheese, and  
Caramelized Onions

OR

Tuna Salad Sandwich

Tomato & Cucumber Salad

Assorted Dessert

#### DINNER

Garden Salad

Roast Beef with Yorkshire  
Pudding

OR

Turkey Pot Pie

#### Side dishes

Mashed Potatoes  
Prince Edward Mix  
Cauliflower Florets

#### Dessert

Chocolate Brownie