

Lanark Place Retirement Residence
Sample Fall/Winter Menu

Breakfast

Assorted Juices
Oatmeal
Assorted Cold Cereal
Toast and Assorted Jams
Fresh Fruit
Scone & Butter

Lunch

French Canadian Pea Soup
Deli Meal Salad Plate: Ham & Turkey,
Potato Dill Salad,
Roast Corn Salad with a Roll
or
Spanish Omelette with a Garden Salad
Chocolate Pudding

Dinner

Herb Crusted Tilapia,
Boiled Potatoes,
Brussel Sprouts
or
Lasagna with French Bread,
Balsamic Garden Salad,
Sliced Peaches

All Meals Served with Water and Choice of
Coffee, Tea and Milk

Note: A la carte menu available with assorted soups, sandwiches
and omelette and toast