



LANARK HEIGHTS

LONG TERM CARE

Breakfast

Pineapple Orange Juice
Apple Cinnamon Oatmeal or Cream of Wheat
Poached Eggs
Hot Buttered Assorted Toast/Jams
(Flax, 12-Grain, Whole Wheat, Italian)
Continental Breakfast Offerings 7am-10am daily

Lunch

Corned Beef on Rye/Mustard/ Baby Gherkins
Mixed Garden Salad/Choice of Dressing
Or
Creamed Salmon on Egg Noodles with a side of Peas
And
Lemon Macaroon Bar or Minted Pears

Dinner

White Grape Juice
Roast Pork & Applesauce Or Beef Wellington
Whipped Potatoes with Gravy
French Turnip/Green Beans Almandine
And
Black Forest Cake or Caramel Apple Slices

**All meals served with Coffee, Tea, Milk, Water,
and Specialties as required**