



# Golden Pond

RETIREMENT COMMUNITY

## Sample Menu

### Breakfast

7 AM - 9 AM

Eggs Benedict  
Hash Brown Casserole  
Bacon or Sausage  
Fresh Mixed Berries and Greek Yogurt  
Oatmeal



### Lunch

11 AM - 1 PM

Fresh Basil-Parsley Tomato  
Spinach Salad, Feta, Bacon Vinaigrette  
Hand Battered Organic Fried Chicken Breast  
with Sausage Gravy  
Or  
Roasted Garlic Tilapia  
White Rice  
Mixed Vegetables  
Honey butter biscuit  
Banana Split

### Dinner

4 PM - 6 PM

Shrimp Bisque  
Iceberg Blue Cheese, Tomato and Bacon  
Roasted Beef Tenderloin W/ Hollandaise Sauce  
5 Cheese Mac and Cheese  
Creamed Spinach  
Yeast Roll  
Chocolate Yellow Cake

