

*Our chefs are constantly introducing new menus for our residents.  
Below is a sampling of menu items our residents enjoy daily.*

## BREAKFAST

### CREAM OF WHEAT OR OATMEAL

#### APPLE CINNAMON PANCAKES WITH SYRUP

FLUFFY APPLE AND CINNAMON INFUSED PANCAKES SERVED WITH SAUSAGE AND FRESH FRUIT SALAD

#### BELGIAN WAFFLES WITH BERRY SAUCE

HOMEMADE BELGIAN WAFFLES TOPPED WITH SWEET BERRY SAUCE SERVED WITH SAUSAGE AND FRESH FRUIT SALAD

#### ZESTY ORANGE FRENCH TOAST WITH BERRY SAUCE

ORANGE INFUSED FRENCH TOAST TOPPED WITH SWEET BERRY SAUCE SERVED WITH SAUSAGE AND FRESH FRUIT SALAD

### VEGGIE OMELET

OMELET WITH ONION, PEPPERS, TOMATO AND CHEDDAR CHEESE SERVED WITH TOAST, CANADIAN BACON AND FRESH FRUIT SALAD

### VEGETABLE SCRAMBLE

EGGS SCRAMBLED TO PERFECTION WITH ONIONS AND PEPPERS SERVED WITH TOAST, CANADIAN BACON AND FRESH FRUIT SALAD

#### EGGS BENEDICT

ENGLISH MUFFIN TOPPED WITH CHOICE OF HAM OR BACON, POACHED EGGS AND HOLLANDAISE SAUCE SERVED WITH CANADIAN BACON AND FRESH FRUIT SALAD

#### EGG CROISSANT SANDWICH


TOASTED FLAKY CROISSANT TOPPED WITH A FRIED EGG AND CHEDDAR CHEESE SERVED WITH CANADIAN BACON AND FRESH FRUIT SALAD

# SAMPLE DINING MENU

 THE WATERMARK  
BY THE BAY  
*Artful. Urban. Connected.*



### HEART HEALTHY OPTIONS

This heart healthy symbol  indicates a low-fat, low-sodium and low-cholesterol item.

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## SOUP

Chicken Chowder

Fish Chowder

Tomato Basil

 Butternut Squash

 Cauliflower

 Crème of Mushroom

 Vegetable Noodle


## SALAD

 FRESH SALAD BAR

MIXED GREENS, SPINACH, BLACK OLIVES, BROCCOLI, CARROTS, CELERY, CHERRY TOMATOES, CRUMBLLED EGG, CUCUMBER, MUSHROOMS, RED ONION, SWEET PEPPERS, SHREDDED CHEDDAR AND MOZZARELLA CHEESE

*Dressings: Blue Cheese, Balsamic Vinaigrette, Raspberry Vinaigrette, French, Honey Mustard, Italian, Lite Italian, Ranch*

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## ACCOMPANIMENT

Buttered Broccoli

Buttermilk Mashed Potatoes

Cranberry Coleslaw

Creamy Polenta

Delmonico Potatoes

 Dill Carrots

 Green Beans and Mushrooms

 Herbed Asparagus

 Italian Blend Veggies

 Mixed Veggies

 Peas and Pearl Onions

Pesto Corn

Spiced Sweet Potatoes


 Spinach with Garlic

 Steamed White Rice

 Veggie Orzo

 Wild Rice Blend

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## FEATURED ENTRÉES

### HERB-CRUSTED ROAST BEEF

SLOW-COOKED BEEF RIB RUBBED WITH PEPPERCORNS, GARLIC, ROSEMARY, PARSLEY AND OLIVE OIL SERVED WITH BORDELAISE SAUCE

### BARBEQUE PULLED PORK SANDWICH

SLOW-ROASTED PORK SHREDDED AND MIXED WITH A TANGY BBQ SAUCE SERVED ON A KAISER ROLL WITH PICKLE SPEAR

### BEEF STROGANOFF

TENDER PIECES OF BEEF SAUTÉED WITH ONION IN A CREAMY MUSHROOM SAUCE SERVED OVER PARSLIED NOODLES

### TURKEY MEATLOAF

FRESH-GROUND TURKEY SEASONED AND COOKED TO PERFECTION SERVED WITH GRAVY


### CHEESE RAVIOLI

FRESH PASTA FILLED WITH RICOTTA, MOZZARELLA AND PROVOLONE CHEESE DRIZZLED WITH MARINARA SAUCE AND SERVED WITH GARLIC BREAD

### SPAGHETTI WITH MEATBALLS

BIG, TASTY BEEF MEATBALLS SIMMERED IN AN ITALIAN TOMATO SAUCE SERVED WITH GARLIC BREAD

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## FEATURED ENTRÉES *(CONTINUED)*



### CITRUS TURKEY BREAST

ROASTED BREAST OF TURKEY SEASONED WITH CITRUS SERVED WITH CHOICE OF VEGETABLE



### ROSEMARY CHICKEN

BREAST OF CHICKEN SEASONED WITH LEMON, ROSEMARY AND GARLIC THEN BAKED TO A GOLDEN BROWN



### ROASTED VEGGIE PIZZA

FOCACCIA BREAD WITH A SCRUMPTIOUS PESTO SAUCE TOPPED WITH MOZZARELLA CHEESE, ROASTED BELL PEPPER, YELLOW SQUASH AND EGGPLANT



### LEMON BAKED SWAI


SWAI FISH FILET SEASONED WITH WHITE WINE SAUCE AND OVEN BAKED



### CRUMB BAKED FISH FILET

FRESH FILET OF FISH BAKED WITH LEMON AND BREAD CRUMBS SERVED WITH TARTAR SAUCE

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## DESSERTS

BANANA SPLIT ICE CREAM SUNDAE

ICE CREAM (ASSORTED FLAVORS)

BANANA PUDDING

CARMEL APPLE BREAD PUDDING

KEY LIME PIE

LEMON MERINGUE PIE

PUMPKIN PIE


PINEAPPLE UPSIDE DOWN CAKE

TROPICAL FRUIT PARFAIT

RASPBERRY AND CHOCOLATE BROWNIE

STRAWBERRY MOUSSE

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