

Sample Menu

BREAKFAST MENU

All dishes served with your choice of juice, coffee or tea

CONTINENTAL BREAKFAST

Assorted freshly baked muffins, croissants and Danish pastries, yogurt, fruit salad

HAM AND CHESSE OMELET

With your choice of crispy bacon, sausage or potato hash browns

ASSORTED FRESH BAKED MUFFINS

With your choice of eggs, sausage or potato hash browns

ASSORTED COLD CEREALS
ASSORTED FRUITS COSTAIL
EGGS TO ORDER
HOT CEREAL
OATMEAL PORRIDGE
CREAM OF WHEAT
BAGEL AND CREAM CHEESE
CHOICE OF YOGURTS
TOAST

Choose from whole wheat, white, multi-grain or rye bread



Kawartha Heights
Retirement Living

LUNCH MENU

APPETIZERS

MUSHROOM SOUP

This creamy, rich, hearty and comforting mushroom soup

GREEK SALAD

Crisp lettuce, cucumber, tomato, red onion, kalamata olives and feta cheese with house dressing.

LUNCH FEATURE

SEAFOOD SALAD CROISSANT

Celery and onion add crunch to the dill-seasoned crab salad that's tucked into buttery croissants.

BEEF AND CHEESE LASAGNA

Layered with seasoned ricotta cheese, ground beef and pork mix and cheeses. Topped with tomato sauce and mozzarella.

BROCCOLI HAM & CHEESE QUICHE

A traditional French dish which is made from eggs, ham, milk and pastry.

CHOICE OF SANDWICHES

Egg salad, tuna salad, ham and cheese, clubhouse served on choice of: whole wheat, white, multi-grain or rye bread



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DINNER MENU

TO START YOUR MEAL

Choice of freshly made soup, mixed greens or Caesar salad

ROAST PORK WITH GARLIC AND ROSEMARY

Served with potato and fresh vegetables

HONEY GARLIC CHICKEN

Served with French fries or baked potato and fresh vegetables

SALMON WITH CREAMY DIL

Ground sirloin beef patty with choice of cheddar or Swiss cheese and bacon, served on a Kaiser bun with French fries

CHOICE OF SANDWICHES

Egg salad, tuna salad, ham and cheese, clubhouse served on choice of: whole wheat, white, multi-grain or rye bread



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DESSERT CHOICES

FRESHLY BAKED COOKIES

Made from scratch in our kitchen

FRESHLY BAKED PIE OF THE DAY

Ask your server for today's choice

BREAD PUDDING

Served with a vanilla fruit sauce

FRUIT SORBETS AND ICE CREAM

Ask for today's flavors

ASSORTED FLAVORED JELL-O'S

FRESH FRUIT SALAD

Diabetic Choices

COOKIES

ICE CREAMS

JELL-O'S

RICE PUDDING

