

Good Morning

Fruit

GRAPEFRUIT HALF – BANANA - MELON IN SEASON - ORANGE AND GRAPEFRUIT SECTIONS
BAKED APPLES - STEWED PRUNES

Chilled Juices

ORANGE – GRAPEFRUIT – PINEAPPLE – APPLE – TOMATO - PRUNE

Cereals

FROSTED FLAKES - SPECIAL K - RAISIN BRAN - RICE KRISPIES - CORN FLAKES
FRUIT LOOPS - CHEERIOS – LUCKY CHARMS – CINNAMON TOAST CRUNCH
HOT CREAM OF WHEAT - HOT OATMEAL - HOMINY GRITS

All Cereals are Served with Milk

PLAIN, STRAWBERRY OR PEACH YOGURT

Breakfast Entrees

SMOKED SALMON WITH CREAM CHEESE AND TOASTED BAGEL

EGGS BENEDICT

Poached Eggs on Toasted English Muffins with Canadian Bacon and Hollandaise Sauce

OMELETTES

Light and Fluffy, Prepared Plain, with Ham, Cheese or a Combination

BOILED, FRIED, SCRAMBLED OR POACHED EGGS

Low Cholesterol Egg Substitute Available on Request

BUTTERMILK PANCAKES OR BELGIAN WAFFLES

Available with Stewed Bananas, Strawberries or Blueberries, Syrup, Honey or Cream

FRENCH TOAST WITH CINNAMON SUGAR

On the Side

CORNED-BEEF HASH - SLICED HAM

HICKORY- SMOKED SLICED BACON – HASH - BROWNED POTATOES

PORK LINK SAUSAGE – CHICKEN SAUSAGE - TURKEY BACON

GUAVA - STRAWBERRY AND GRAPE JELLIES - ORANGE MARMALADE – HONEY

DIET JELLIES SERVED ON REQUEST

From the Bakery

DANISH – CROISSANTS – MUFFINS - PLAIN AND RAISIN ENGLISH MUFFINS - BAGELS

WHITE - WHOLE WHEAT OR RYE TOAST

Beverages

ICED, HOT AND HERBAL TEAS – MILK - SKIMMED MILK – CHOCOLATE MILK

FRESHLY BREWED REGULAR OR DECAFFEINATED COFFEE - HOT CHOCOLATE