

Aegis Living

MENU SELECTIONS

Examples of the types of meals and snacks offered throughout the week in our Memory Care Communities

BREAKFAST

Fresh Fruit
Hot cereal
Fluffy scrambled eggs with hash browns
Waffles or buttermilk pancakes with crispy bacon
Cheese Omelet with sausage
Eggs Benedict with hash browns
Sausage and egg biscuit

MID-MORNING

Vitality Fresh Fruit Smoothie

LUNCH

Chicken Alfredo with sweet peas and fresh roll
Meatloaf with a baked potato and sautéed spinach
Asian stir-fry with broccoli with rice and slaw
Grilled fish with sautéed vegetables and salad
BBQ chicken and rice pilaf and green salad

AFTERNOON

Tea, homemade snacks and social hour

DINNER

BLT sandwich with tomato soup, grapes and chips
Roasted chicken salad sandwich with watermelon and navy bean soup
BBQ beef sandwich with melon wedges and cauliflower soup
Turkey and Swiss croissant with minted pears and French onion soup

DESSERT

Georgia peach cake
Double chocolate cake
Banana splits
Apple pastry
Banana cream pie