

C H I L L E D J U I C E S

Orange, Apple, Prune, Tomato, Pineapple

F R E S H F R U I T

Half Grapefruit, Orange Segments

Papaya or Melon in Season, Sliced Banana

C O M P O T E S

Stewed Prunes, Cinnamon-flavored fresh Apple Wedges

C E R E A L S

Hot: Oatmeal with Cream or Milk

Cold: Corn Flakes, Granola, All Bran, Grape Nuts

Frosted Flakes, Raisin Bran, Special K, Bran Flakes

Shredded Wheat, Rice Krispies and Mueslix

Y O G U R T

Plain or Fruit Flavored

F R O M T H E S E A

Smoked Salmon, Toasted Bagel and Cream Cheese*

E G G D I S H E S*

Fried Eggs, Poached Eggs on Toast (allow 15 min.)

Soft Boiled Eggs, Plain Scrambled Eggs

Omelettes: Plain, Mushroom or Ham and Cheese

Egg Beaters: Omelette or Scrambled

G R I L L A N D G R I D D L E

Fluffy Buttermilk Pancakes with Syrup

Rasher of Bacon, Ham Steak, Link Sausage

Hash Brown Potatoes

F R O M O U R B A K E R Y

Soft and Crusty Rolls, Croissants, Danish Pastries

English Muffins, Fruit and Bran Muffins, Six-Grain Bread

B E V E R A G E S

Regular and Herbal Tea, Regular and Decaffeinated American Coffee

Hot Chocolate, Milk and Skim Milk

*Eggs can be cooked to order.

*Consuming undercooked or raw meats, poultry, seafood shellfish or eggs may increase your risk of foodborne illness especially if you have certain medical conditions.