

## Meal Times

### ***Breakfast***

Starting at 7:45 A.M.

### ***Lunch***

Starting at 11:45 A.M.

### ***Dinner***

Starting at 4:45 P.M.

### ***Evening Snack***

*Delivered* around 8:00 P.M.



# Lake Orion Nursing and Rehabilitation Center

Dear Residents and Families,

Thank you very much for the opportunity to serve you. We want to ensure your stay here is completely satisfactory and all your dietary preferences are being met. Please feel free at any time to ask a nurse or CNAs to request a meeting with the culinary department. We would like to address any issues or concerns that may arise to ensure your complete satisfaction.

We welcome menu suggestions and want to know what some of your favorite foods and dishes are.

Bon Appétit

Dining Services

585 E. Flint St  
Lake Orion, MI 48362  
(248) 693-0505  
Ext 55971

## Alternate Menu Options

## SNACKS

*Assorted Chips, Apple Cinnamon Bars,  
Oatmeal Crème Pie, Chocolate Chip Cookie,  
Sugar Free Cookie, Peanut Butter Crackers,  
Graham Crackers, Animal Crackers, Saltine  
Crackers*

## BREAKFAST

### **Selection of Cold Cereal**

*Corn Flakes, Rice Krispies, Frosted Flakes,  
Raisin Bran, Cheerios*

### **Breakfast Accompaniment**

*Fried Egg, Bacon, or Sausage*

### **Breakfast Breads**

*White, Wheat or Cinnamon Bread*

## SOUP & SALAD

### **Side Salad**

*Iceberg Blend Lettuce, Tomato, Cucumbers,  
served with Choice of Dressing.*

### **Chef Salad**

*Iceberg and Romaine Blend, Tomato, Red Onion,  
Cucumber, Chopped Egg, Julienne Ham and  
Cheddar Cheese, served with Choice of Dressing.*

### **\*Choice of Dressings:**

*Italian, Ranch, or Raspberry Vinaigrette*

### **Cottage Cheese and Fruit Plate**

*Seasonal Fresh Fruit served with Cottage Cheese*

### **Soup**

*Tomato or Chicken Noodle Soup*

## ENTRÉES

### **Grilled Cheese Sandwich from the Grill**

*Freshly made with your choice of bread.*

### **Salad Sandwich**

*Choice of Egg or Tuna Salad. Freshly made with  
choice of bread and garnished with lettuce and  
tomato.*

### **Café Burger**

*Grilled seasoned beef patty served with lettuce  
and tomato on a bun, with your choice of  
condiments.*

### **Hot Dog**

*Hot dog served on a bun, with your choice of  
condiments.*

### **Chicken Breast**

*Tender and lightly seasoned chicken breast  
served with your choice of sides. A healthy  
option for all specialty diets.*

## A LA CARTE ITEMS

*Vegetable of the Day*

*Macaroni and Cheese*

*Mashed Potatoes with Gravy*

*Cottage Cheese*

*Yogurt*

*Fruit Cup*

*Pudding Cup*

*Sherbet*

*Ice Cream*

## BEVERAGE CHOICES

*Apple, Orange, or Cranberry Juice, Blueberry  
Pomegranate Water or Tomato Juice. Coffee,  
Tea, or Hot Cocoa.*