

Sheila's

BREAKFAST MENU

Porridge & Berries

Apple & Cinnamon, Cinnamon & Spice or Maple & Brown Sugar Porridge
with Berries & Milk

Yogurt & Granola Parfait

Vanilla Yogurt, Honey, Oat Granola, Toasted Almond & Fruit

Breakfast Sandwich

Ham or Bacon, Fried Egg & Cheddar Cheese on an English Muffin

Sheila's Breakfast

Two Eggs any style with your choice of Bacon, Ham or Sausage
with English Muffin, White, Whole Wheat, Multigrain or Molasses & Raisin Bread

SIDES

Fruit Bowl

English Muffin or Toast

(Molasses & Raisin, Multigrain, White or Whole Wheat)

Side Porridge

Sausage, Bacon or Ham

Assorted Yogurt

Cold Cereal

(Rice Krispies, Corn Flakes, Raisin Bran, Bran, Mini Wheats or Cheerios)



LANES
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Sheila's

LUNCH MENU

Soup of the Day

Homemade Chicken Noodle Soup

Salad of the Day

Tomato & Cucumber Salad with Feta Cheese & Greek Vinaigrette

Sandwich of the Day with Side Soup or Salad

(On White, Whole Wheat, Raisin & Molasses or Multigrain Bread)

Salmon Salad Sandwich with Cucumber & Boston Bibb Lettuce

or

Chicken Club Sandwich with Mayo, Lettuce & Tomato

Special of the Day

Beef Stir Fry with Seasonal Vegetables

Served with Basmati Rice



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Sheila's

DINNER MENU

Optional Appetizer or Entrée

Seafood Chowder with Cod, Salmon & Scallops

Daily Special

Pan Fried Cod with Scrunchions

Drawn Butter, Mashed Potatoes, Broccoli Gratin & Beets

2nd Option

Roasted Chicken Supreme

with Mushroom Cream Sauce, Mashed Potatoes, Broccoli Gratin & Beets

Dessert of the Day

Rhubarb Crumble with Vanilla Ice Cream



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