

S M[@] A R T Breakfasts



S M[@] A R T Dinners

All Meals Served with Choice of Coffee, Tea, or Iced Tea

1 - French Toast Duo -

Start your morning with (2) slices of regular size French toast, served with sliced strawberries or bananas, choice of sausage patty or ham slice, choice of juice, and 2% milk.

2 - Veggie Omelet -

Classic two-egg omelet with mushrooms, diced tomato, green pepper, and onion. Topped with your choice of shredded cheese and served with a side of hash browns and (2) slices of toast. Choice of juice.

3 - Tex-Mex Omelet -

Spice up your morning with a mouth-watering two-egg omelet with hot chili, nacho cheese, diced tomato, green pepper, onion, salsa and sour cream. Served with choice of (2) slices of toast or multi-grain tortilla chips.

4 - Poached Eggs and a Parfait -

This traditional favorite includes two poached eggs, two slices of toast, a refreshing low-fat fruit and yogurt parfait, and your choice of juice.

S M[@] A R T Lunches

1 - Chef's Salad -

Fresh, crisp mixed greens, tomato wedges, ham, turkey, American, Swiss and provolone cheeses, bacon, and choice of dressing. Served with a roll and butter.

2 - Tuna Salad ****Plus****

Fresh, crisp mixed greens, tomato and shredded cheddar cheese, topped with a scoop of tuna salad. Served with roll and butter. End with vanilla yogurt and sliced bananas.

3 - Spinach Chicken Salad ****Plus****

Fresh spinach leaves, tossed with grilled chicken strips, topped with mozzarella cheese and croutons. Served with our house dressing, a roll and butter. Fresh, warm apple slices topped with a small scoop of vanilla ice cream tops it off!

~Spaghetti~

Spaghetti with 2, 1 oz meatballs, topped with mozzarella and parmesan cheeses. Served with a garlic breadstick, side salad, and choice of dressing.

~Create Your Own Home-style dinner~

- First, choose one entrée from our favorites:
Roast Beef, Grilled Ham, Lemon Pepper Chicken, Meat Loaf, Grilled Teriyaki Chicken, Teriyaki Beef Strips
- Then choose mashed potatoes or rice
- We'll add vegetable of the day, side salad, dressing, roll and butter.

~Hot Sandwiches~

1 - **Grilled Cordon Bleu** - Chicken Breast with thinly sliced ham and provolone cheese, lettuce & tomato on your choice of regular-size bread. Served with mixed citrus fruit and a scoop of sherbet.

2 - **Breaded Fish Sandwich** - Oven baked breaded fish on a 6" soft sub roll, with lettuce, tomato, cheddar cheese, and tartar sauce (or mayo). Includes a dish of mixed citrus fruit and a scoop of sherbet.

3 - **Grilled Cheese** - American Cheese grilled on your choice of regular bread. Lettuce and tomato. Finish with a scoop of vanilla ice cream served with sliced strawberries.

4 - **Hot Turkey or Hot Roast Beef Sandwich** - Hot turkey or roast beef on white bread with gravy and mashed potatoes. Served with vanilla yogurt and sliced strawberries.

All SM[@] ART Meal combinations have been approved by a Licensed Dietitian/Nutritionist and meet the requirements of Title III of the Older Americans Act.