



bon appetite

CONTINENTAL BREAKFAST

- Assorted juices, coffee, tea, seasonal fruit, hot cereals, a selection of pastries, boiled eggs, cheeses, cold meats, and a variety of yogurt

SOUPS

- Grilled corn & fire roasted tomato soup
- Red Rock Crab Bisque

SALADS

- Green mango, papaya & cucumber salad with Thai lemon grass dressing
- Roasted Beets with Goat Cheese with balsamic reduction

LUNCH ENTRÉES

- Cilantro & lime grilled shrimp skewer served over a quinoa & green salad
- Oven roasted turkey breast wrap with avocado & tomato, garlic mayonnaise, served with your choice of a garden fresh salad or sweet potato fries
- Hand breaded English Style Fish & Chips with Creamy coleslaw

DINNER ENTRÉES

- AAA grain fed 6oz. beef tenderloin with a merlot reduction, sautéed heirloom carrots, asparagus & duchess potatoes
- Maple glazed Atlantic salmon with basmati pilaf, grilled tri-colour peppers & steamed broccoli
- Stuffed Chicken Breast with spinach, sun-dried tomatoes & goat cheese, steamed carrots, grilled zucchini and scalloped potatoes

DESSERTS

- Homemade bread pudding with walnuts, crème anglaise & whipped cream
- Seasonal fresh fruit
- Brandied Poached Pears with French vanilla ice cream

Many specialized diets can be accommodated.

DELMANOR
Glen Abbey
Inspired Retirement Living™