

Greystone Manor Sample Menu

Continental Breakfast

Assorted Perseveres, Peanut Butter,
Becel Margarine, Whipped Butter and Cream Cheese

English Muffins, Cinnamon Raisin Bagels and Blueberry Bagels
Whole Wheat Bread, Multigrain Bread and White Bread
Cinnamon Raisin Bread

Dried Apricots, Dried Raisins, Dried Dates
and Dried Prunes

Diced Mixed fruit

Pineapple, Red and Yellow Papaya, Clingstone Peaches,
Guava, Bartlett Pears, Mandarin Orange Segments

Whole Fruit

Gala Apples, Navel Oranges and Banana's

Assorted Muffins and Cereal

Assorted Yogurts

Marble Cheese Stick

Cream and 2% Milk

Apple Juice, Orange Juice, Cranberry Juice and Peach Juice

House Blend Coffee and Decaf Coffee

Assorted Tea's

Dinner Menu

Assorted Dinner rolls
With Whipped Butter and Becel Margarine
Gherkins, Garlic Kosher Pickle Spear,
Bread and Butter pickles

Iceberg Lettuce, Peppers, Roasted Mushroom, Whole pitted
Kalamata Olives and Goat Cheese

Or

French Onion Soup with Swiss Cheese Sour Bread Crouton

Entrees

BBQ BC Wild Sockeye Salmon with
Roasted Heirloom Tomato, Cilantro, Red Onion Relish

Or

Pan Fried Butter Milk Chicken Breast with Port Au jus

Vegetables & Starch

Yukon Gold Whipped Potato Roasted Shallots

OR Wild Rice Pilaf

Grilled Yellow & Green Zucchini

Roasted Golden Beets tossed in Fresh Basil

Chive Brown Butter

Dessert

Lemon Streusel Blueberry Pie with Coco Whipping Cream

ALTERNATE MENU

Fraser Valley Tossed Salad with assorted dressings

Bacon, Pepper, Red Onion & Cheddar Cheese Omelette

Pan Fried White Fish & Fresh Lemon

Pan Fried Turkey Breast with Cranberry Sauce

Fruit Salad

Low Calorie Black Cherry Jello

Assorted Ice Cream
with Caramel sauce, Chocolate sauce
Blueberry compote and Maraschino cherries

Sugar Free Cookie & Vanilla NSA
and Lactose free Ice Cream