CONTINENTAL
SENIOR COMMUNITIES

SAMPLE MENU

# THE PADDOCK

## BREAKFAST

*Choice of Bread: Bagels, English Muffin, White, or Wheat Toast*

### EGGS
Fried, Poached, Hard-Boiled, Scrambled, and Soft-Boiled

### OMELETS
American-style, French-style, Frittata, and Soufflé

### GRITS
Original, Butter, Cheddar Cheese, and Country Bacon

### OATMEAL
Original, Apple, Raisin, and Cinnamon and Spice

### PANCAKES
Buttermilk Pancakes w/ Whipped Butter, and Maple Syrup

### YOGURT
Original, Strawberry, Blueberry, and Honey

### BACON

### SAUSAGE PATTY

## SOUPS, SALADS & COLD PLATES

*Choice of Dressing: Buttermilk Ranch, Balsamic, Italian, Blue Cheese, French, Thousand Island*

### CAESAR SALAD
Romaine lettuce, Shaved Parmesan, Croutons, Caesar Dressing (add Chicken)

### CHEF SALAD
Lettuce Medley, Ham, Turkey, Cheddar Cheese, Boiled Eggs, Baby Tomato, Bacon

### HUMMUS PLATE
Traditional Hummus, Olive Oil, Pita, and Raw Vegetables

### COTTAGE CHEESE PLATE
Cottage Cheese, Melon, Pineapple and Grapes

### HOT SOUP
Ask your server for Today's selection

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SENIOR COMMUNITIES

Sample Menu

# The Paddock

## SANDWICHES

*Sandwiches come w/ a side of potato chips and pickle unless otherwise requested.*
*Optional Sides: French Fries, Kettle Chips, Side Salad, Fresh Seasonal Fruit*

### THE BLOSSOM BURGER

Seasoned Hamburger topped w/ American Cheese, Lettuce, Tomato, and Onion. (Additional Toppings: Cheddar Cheese, Swiss Cheese, Bacon, Ketchup, Mayonnaise, Mustard)

### GRILLED CHICKEN COBB WRAP

Grilled Chicken, Avocado, Bacon, Lettuce, Tomatoes, Red Onion, Honey Mustard, in a hand wrapped Tortilla

### TURKEY B.L.T.

Turkey, Bacon, Lettuce, Tomato, Swiss Herb Aioli on your choice of Bread

### TUNA SALAD SANDWICH

House made Tuna Salad, Lettuce, Tomato, on your choice of Bread

## DINNER ENTRÉES

*Entrées available after 4:30pm*

### GNOCCI BOLOGNESE

Soft Dough Dumplings, Meat Sauce, Shaved Parmesan

### BBQ CHICKEN BREAST

BBQ Glazed Chicken Breast, Cheddar Mashed Potatoes, Green Beans w/ Bacon Dressing

### PARMESAN CRUSTED TILAPIA

Cranberry Almond Rice, Steamed Broccoli

### CHICKEN QUESADILLA

Grilled Chicken, Cheddar Cheese, Onion and Pepper mix, Sour Cream, Salsa