



# SHADY OAK

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NURSING AND  
REHABILITATION  
CENTER

## SAMPLE MENU

### BREAKFAST

Juice of Choice

Fresh Banana

Cereal of Choice

Pancakes *with Margarine and Syrup*

Sausage Patty

Coffee, Tea and Milk

### LUNCH

Swiss Steak

Roasted New Potatoes

Cauliflower *with Red Peppers*

Dinner Roll

Fresh Fruit

Coffee, Tea and Milk

### DINNER

Turkey a la King

Pasta

Tossed Salad

Biscuit

Fresh Seasonal Melon

Coffee, Tea and Milk

*Good nutrition is an essential part of your care at Shady Oak. Our menu has been planned with variety and moderation in mind, and to achieve a well-balanced diet. Your daily diet may differ based on your physician's orders.*