

This sample menu is for demonstrative purposes only.  
Contact our community to view our latest chef-prepared seasonal menu offerings.

## BREAKFAST

### CEREALS:

Assorted cold cereals, oatmeal and Cream of Wheat

### FROM THE GRILL:

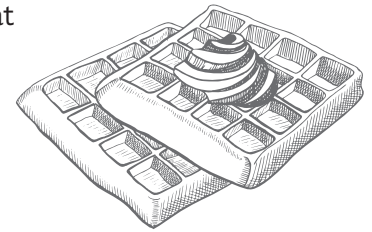
Buttermilk pancakes, French toast, Belgian waffles,  
or breakfast burrito

### EGGS & OMELETS:

Fresh eggs cooked any style, omelet of your choice,  
egg white omelet

### ACCOMPANIMENTS:

Bacon, sausage, ham, hash browns, assorted breads and bagels,  
cinnamon rolls, turnovers, seasonal fruit, yogurt



## TODAY'S KETTLE SOUP

Chef's choice

## ENTREES

### LUNCH:

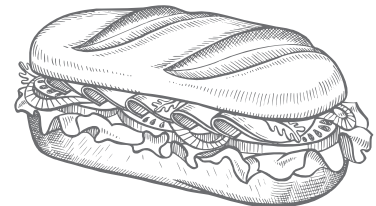
Herb-crusted turkey breast or  
steak, onion & cheese sub sandwich  
with oven browned potatoes & broccoli

### DINNER:

Grilled sirloin steak or herb-crusted tilapia with  
rice pilaf & seasoned peas

### SIDE DISHES

Baked potato (dinner only), chili, fries, onion rings, potato chips,  
steamed vegetables, seasonal fruit, garden or chef salad

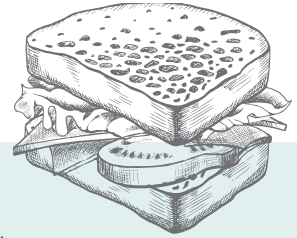


# SALAD AND SANDWICHES

## CHEF-MADE SALADS AND SANDWICHES:

Fresh garden or chef salads made to order

Deli sandwiches made to order



## ALWAYS AVAILABLE

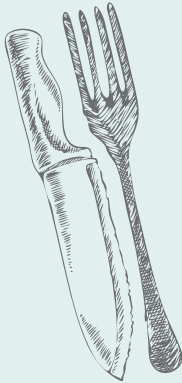
### BREAKFAST ANYTIME:

Except for hot cereals

### ASSORTED DELI SANDWICHES:

Chicken salad, tuna, egg salad, ham, turkey, roast beef, or club

Choice of cheese, bread, and sides



### FROM THE GRILL:

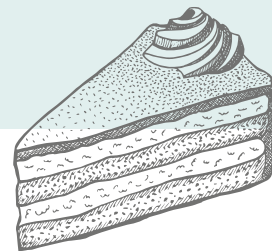
Grilled cheese or meat sandwiches  
tuna melt or patty melt

Chicken tenders

Pub style fish & chips

1/4 lb cheeseburger

All beef hot dog



## DESSERTS

Chef's choice or  
assorted cookies and ice creams



## BEVERAGES

MBK signature blend coffee

Assorted hot or iced teas

Sodas, juices, hot chocolate or chilled milk

HEALTH ADVISORY: We use only pasteurized shell eggs. Eating raw or undercooked food is not advised and could be detrimental to your health.