

# Welcome to Harrogate Health Center

## Always Available Menu

### ~~~~~Breakfast~~~~~

**Fruits:** Sliced Orange, Fresh Seasonal Fruit Cup, Stewed Prunes.

**Cereals:** Hot Oatmeal, Special "K", Corn Flakes, Raisin Bran, Rice Krispies, Cheerios, All Bran, Mini Shredded Wheat.

**Entrees:** Eggs ~ Any Style, Pancakes, Waffles, French Toast, Omelet.

**On the Side:** Bacon, Ham, Sausage, Corned Beef Hash, Hash Brown Potatoes.

**Toast:** White, Rye, Wheat, or English Muffin, Assorted Miniature Danish

**Beverages:** Orange, Apple, Cranberry, Lo-Cal Cranberry, V-8, Lo Sodium V-8,

Prune Juice, Decaf or Regular Iced Tea, Lemonade, Regular or Decaf Iced Coffee, Decaf Coffee or Tea, Assorted Herbal Teas, Regular, Skim or Lactaid Milk, Regular or Sugar Free Hot Chocolate.

**Soups:** Tomato, Lo Sodium Chicken Noodle, Chicken or Beef Bouillon.

**Appetizers:** Garden Salad, Spinach Salad, Iceberg Lettuce Wedge, Coleslaw

Pickled Beets, Cottage Cheese & Fruit, Fresh Seasonal Fruit Cup

Applesauce, Canned Pears, Canned Peaches

**Dressing:** Bleu Cheese, Russian, Poppy Seed, Balsamic Vinaigrette, Oil & Vinegar, **Homemade Caesar**, Honey Dijon, Fat Free- French, Ranch, & **Raspberry Vinaigrette**

**Sandwiches:** Turkey, Roast Beef, Tuna, Egg, Chicken Salad~ Club or Platter.

Grilled Cheese, **Charbroiled 6oz Beef or Garden Burger**

**Cheese Choices:** American, Swiss, Mozzarella, Cheddar.

**Sandwich Toppers:** Lettuce, Tomato, Bacon, Ham, Pickle

**Hot Entrees:** Sautéed Boneless Chicken Breast,

Fried Flounder or Broiled (**also available with Buttered**

**Breadcrumbs**)

Sautéed Calves Liver w/ Bacon & Onions

Quiche du Jour, Breaded Chicken Fingers, Hot Dog & Beans,

Omelet –Cheese, Onion, Pepper, Mushroom, Broccoli, Bacon, or

Ham.

*Egg Beaters also available.*

*Vegetarian Entrée is available with 30 minutes notice.*

**Side Dishes:** Baked or Mashed Potato, White Rice, Carrots, Green Peas.

**Desserts:** Pound Cake, Angel Food Cake, Cheese & Fruit Plate, Assorted Pepperidge Farm Cookies, Whole Fresh Fruit, Seasonal Fresh Fruit Cup, Sherbet, or Ice Cream.

***Ice Cream Toppings:*** Walnuts, Strawberry Sauce, Chocolate Sauce, Whip Cream

**Sugar Free Desserts**

Fruit Pie, Gelatin, Chocolate or Vanilla Pudding, Assorted Cookies, Sugar Free Fruited Bundt Cake, Turkey Hill Sugar Free Fat Free Vanilla Ice Cream