

Sonshine Cove Menu options

Breakfast: Coffee/Tea will be served along with Orange and Apple juice

- Option 1: Continental breakfast- yogurt, toast (butter, jam, caramel spread), hard boiled eggs, assorted cereal, fruit
- Option 2: French toast with fruit salad
- Option 3: Scrambled eggs, sausage
- Option 4: Pancakes with fruit salad

Lunch: Juice and water will be served

- Option 1: chicken wraps and salad/raw veggies
- Option 2: grilled cheese, soup/ raw veggies
- Option 3: pepperoni/cheese pizza with salad/raw veggies
- Option 4: ham/egg sandwiches, veggies/pickles/chips
- Option 5: hamburger/hot dog with pasta or potato salad/raw veggies

Dinner: Juice and water will be served

- Option 1: roast beef, mashed potatoes, veggies
- Option 2: Chilli with buns/nachos
- Option 3: Pasta with meat sauce, garlic bread & Caesar salad
- Option 4: Chicken divan with rice and broccoli
- Option 5: meatballs with rice and vegetables

Desert: Coffee and Tea will be served

- Option 1: upside down peach cake with ice cream
- Option 2: apple crumble with ice cream
- Option 3: lemon tart with raspberry
- Option 4: Chocolate glazed cake

Snack: Water and juice will be served

- Option 1: oatmeal muffins & fruit
- Option 2: assorted cheese and cracker with grapes
- Option 3: homemade party mix
- Option 4: granola bars with fruit
- Option 5: assorted veggies with hummus & flat bread (veggie in a cup)