



## BREAKFAST & DINNER MEAL MENU

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**Breakfast: 7 – 9 am**

**Lunch: Noon**

**Dinner: 4 – 8 pm**

Breakfast and dinner are self-serve. The perishable items are in the white refrigerator across from the sink. Feel free to eat in the dining room, on the back deck or in your dwelling, etc. We ask that you please wash your dishes and reset your place setting if you are eating in the dining room.

Please take a moment to read the “Kitchen Rules” which is posted by the single kitchen sink to better orient yourself on how the kitchen functions.

### **Fruit**

Seasonal - Various

### **Grains**

Homemade GF Granola

Oatmeal

Cereal - Various

Crackers – Various

Bread Slices

Bagels - Various

English Muffin

### **Condiments**

Butter

Jelly – Various

Mayo, Relish, Mustard, etc.

### **Dairy**

Milk

Almond Milk

Creamer

Sliced/Block Cheese - Various

Cream Cheese

Cottage Cheese

Yogurt - Various

### **Protein**

Hard Boiled Eggs

Whole Raw Eggs

Tuna

Peanut Butter

*Leftovers are also available in the white fridge – help yourself.*