

## Sample Breakfast Menu

Served in our Sun Porch from 7am to 9am.

Daily options include:

Healthy Hot Cereal

Healthy Cold Cereal Selection

Home-baked Maine Blueberry Muffins or Cranberry Scones

Assorted Sliced Breads and English Muffins for Toasting

Fruit including Bananas, Apples and Oranges

Orange and other Fruit Juices

Freshly-brewed Hot Coffee

A Selection of Teas

Typical daily specials might be:

Pumpkin French Toast with Apple Compote

Maine Blueberry Pancakes

Breakfast Burrito and Home-fries

Western Omelet with Homemade Biscuits

Sweet Potato, Onion and Turkey Hash with Hardboiled Egg and Toast

Greek Yoghurt with Berries, Nuts, Flax Seed, Fresh Mint and Honey

Breakfast Pita Sandwich stuffed with Scrambled Egg, Sausage and Cheese

What's more, for a very nominal fee, residents may order a la Carte the following breakfast favorites:

Pancakes and Syrup

French Toast

Sausage Patties

Bacon

Eggs any style

Omelets with fresh vegetables, cheeses, etc.



**BARTLETT  
WOODS**