

*Our chefs are constantly introducing new menus for our residents.
Below is a sampling of menu items our residents enjoy daily.*

 **Heart Healthy Options**

This heart healthy symbol indicates a low-fat, low-cholesterol and low-sodium item.

BREAKFAST

Cereals

Assorted Cold Cereals, Oatmeal, Cream of Wheat

From the Griddle

Buttermilk Pancakes, French Toast, Belgian Waffles

Eggs, Omelets & More

Fresh Eggs (cooked any style)

Omelet of Your Choice

Egg White Omelet

Breakfast Sandwich

Biscuit & Country Gravy

Accompaniment

Bacon, Sausage, Ham

Hash Brown Potatoes

Assorted Breads and Bagels

Assorted Freshly Baked Muffins

Fresh Seasonal Fruit

Fruit Juices

Orange, Cranberry, Apple, Tomato, Prune

Beverages

Freshly Brewed 100% Colombian Coffee (regular, decaffeinated)

Assorted Hot Tea, Milk, Hot Cocoa

**ALWAYS
AVAILABLE
MENU**

7am–4pm

 **CALICHE**
SENIOR LIVING
A WATERMARK RETIREMENT COMMUNITY




ALWAYS AVAILABLE MENU

7am–6pm



 **CALICHE**
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LUNCH & DINNER

Salads

-  Cobb Salad
-  Garden or House Side Salad
-  Seasonal Fresh Fruit & Cottage Cheese Platter
Tuna, Chicken or Egg Salad Platter

From the Grill

- Sirloin Burger or Cheeseburger
-  Garden Burger
-  Turkey Burger
- Grilled Cheese Sandwich
- Kosher All-Beef Hot Dog
- Grilled Ham & Cheese Sandwich
- Cheese Quesadilla
- Personal Pizza

From the Deli




- Turkey, Ham or Roast Beef Sandwich
- Albacore Tuna, Chicken or Egg Salad Sandwich
- Peanut Butter & Jelly Sandwich
- BLT Sandwich
- Cheese Sandwich

ALWAYS AVAILABLE MENU

7am–6pm

 **CALICHE**
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Sides

-  Fresh Fruit Bowl
-  Cottage Cheese
 - Baked Potato
 - Potato Chips
-  Sautéed Vegetables

Beverages

- Apple Juice
- Cranberry Juice
- Orange Juice
- Iced Tea
- Lemonade
- Milk
- Hot Tea Coffee

Desserts

-  Jell-O (available in sugar free)
- Ice Cream (available in sugar free)
- Pudding (available in sugar free)
- Soda Floats

Specials served daily from 11:00am–1:00pm and 4:00–6:00pm