

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 Grill

Buttermilk Pancakes, French Toast, Belgian Waffles

Eggs and Omelets

Fresh Eggs cooked any style

Omelet of your choice

Egg White Omelet

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**




 **THE WATERMARK**
AT SAN RAMON

ALWAYS AVAILABLE MENU



 THE WATERMARK
AT SAN RAMON

LUNCH & DINNER

Soups and Salads

-  Chicken Consommé (Broth)
-  Chef's Salad Platter
-  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 Steak

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

From the Kitchen

- ♥ Fresh Catch of the Day
- ♥ Grilled Skinless and Boneless Chicken Breast
- Oven Roasted Chicken
- Cheese or Plain Omelet
- Scrambled Eggs
- ♥ Steamed Vegetable Platter

Desserts

- ♥ Jell-O, Available in Sugar Free
- Ice Cream, Available in Sugar Free
- Pudding, Available in Sugar Free