# © INTEGRITY <br> Sample Menu 

## Breakfast

Daily Buffet of fresh fruit, yogurt, cereal, bread, cheese and meat. Eggs cooked to order

Lunch

## Appetizer

Main Dish

Dessert

Dinner

|  | Saturday <br> Garden salad | Sunday <br> Onion soup | Monday <br> Chicken soup with <br> vegetables | Tuesday <br> Cream of vegetable <br> soup | Wednesday <br> Cream of asparagus <br> soup | Thursday <br> Cream of <br> pumpkin soup |
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| Main Dish | Fillet of fish in <br> white wine <br> sauce | Herb-marinated <br> beef tenderloin | Seared tuna with <br> sesame seeds and <br> teriyaki sauce | Turkey stuffed with <br> spinach and sweet <br> potatoes in velouté <br> sauce | Grilled chicken with <br> Greek potatoes and <br> salad | Seafood pasta | | Shrimp risotto |
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[^0]:    This is strictly a sample menu. Actual selections change seasonally based on availability. Special dietary needs such as gluten sensitivity, strict Celiac, vegetarian, vegan, nut allergies, lactose intolerance are easily accommodated with advance notice. You will have an opportunity to specify dietary preferences during the booking process.

