

*Our chefs are constantly introducing new menus for our residents. Below is a sampling of menu items our residents enjoy daily from 7:00am–6:00pm.*

---

# ALWAYS AVAILABLE MENU

 **WHITE CLIFFS**  
SENIOR LIVING  
A WATERMARK RETIREMENT COMMUNITY

## **BREAKFAST**

Eggs Cooked any Style

Omelet with Choice of Cheese, Mushroom, Onion, Bell Pepper and Ham

Egg White Omelet

Assorted Cold Cereal

Assorted Breads and English Muffins

## **LUNCH**

House Salad

Chef Salad

Turkey or Ham Sandwich

Hamburger or Cheeseburger

Grilled Cheese Sandwich

Cottage Cheese

Fresh Fruit Bowl

## **DESSERT**

Variety of Baked Goods

Ice Cream

Pudding

*The items listed below are available at all times.*

---

## **BEVERAGES**

Variety of Fruit Juices

Milk

Freshly Brewed Coffee including Regular and Decaffeinated

Assorted Hot Teas

Hot Cocoa

## **SNACKS**

Seasonal Fruit

Mixed Nuts

Granola Bar

Crackers

Peanut Butter & Jelly Sandwich

Popcorn

ALWAYS  
AVAILABLE  
MENU



WHITE CLIFFS  
SENIOR LIVING

A WATERMARK RETIREMENT COMMUNITY