

# Tanglewood PARK CAFÉ

Operated by AgeWell Services

## Discount Dining Breakfast Menu

Served Monday-Friday: 7:00 a.m.-10:30 a.m.

**\$4.00 donation per breakfast for 60 years or older.**

Register for a Senior Dine Card at the Wellness Office

**Breakfast Meals:** All selections include your choice of Low-Fat Milk, Coffee or Lipton Tea and your choice of 2 sides.

### Breakfast Sandwich

Made with a fresh egg, bacon or sausage & America cheese on your choice of white, wheat or rye bread

**Cup of Loaded Oatmeal:** hearty oatmeal with brown sugar, raisins, dried cranberries, toasted slivered almonds and walnuts

**Eggs** (your choice of scrambled, over easy, over medium, or over hard)

2 Eggs, 2 slices of toast with your choice of bacon or sausage

### French Toast

1 slice of French Toast with a choice of bacon or sausage

- or -

2 slices of French Toast

**Pancakes** (your choice of plain or blueberry)

1 Pancake with a choice of bacon or sausage

- or -

2 Pancake

**Vanilla Yogurt & Fruit Parfait:** low fat yogurt layered with fruit selections & granola

### Choice of Two Sides:

- Piece of Fresh Fruit
- Fresh Fruit Cup
- Hash Browns
- English Muffin
- Toast: White, Wheat, or Rye
- Juice: Apple, Orange, or Tomato

## Discount Dining Lunch Menu

Served Monday-Friday: 11:00 a.m.-2:00 p.m.

**\$4.00 donation per lunch for 60 years or older.**

Register for a Senior Dine Card at the Wellness Office

**Lunch Meals:** All selections include your choice of Low-Fat Milk, Coffee or Lipton Tea and a fruit cup.

### #1 — 1/2 Egg Salad Sandwich

Served on eight grain bread. Includes your choice of 2 vegetables.

### #2 — 1/2 Tuna Salad Sandwich

Served on eight grain bread. Includes your choice of 2 vegetables

### #3 — 1/2 Chicken Salad Sandwich

Served on eight grain bread. Includes your choice of 2 vegetables.

### #4 — 1/2 Turkey Deli Sandwich

Served on eight grain bread. Includes your choice of 2 vegetables.

### #5 — Grilled Cheese

Includes your choice of 2 vegetables.

### #6 — Grilled Beef Hot Dog

Includes your choice of 2 vegetables.

### #7 — Cup of Soup & Garden Salad

Choose from any of our two daily soups. Includes your choice of a vegetable.

### #8 — Hamburger or Cheeseburger

Includes your choice of 2 vegetables.

### Choice of Vegetable:

- Garden Salad
- Broccoli Salad
- Coleslaw
- Three Bean Salad

\*Senior Dine Cards ONLY. Sorry, no substitutions and no take outs! Excludes Café event days.