

Allerton House

at Central Park

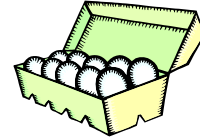
Sample Menus



Special Diet Menus Selections

*Our Allerton House menus have been designed with your nutrition in mind.
We are happy to make available to you any special diet requests that you have.*

Breakfast and Lunch



♥No Fat, No Cholesterol Eggs, Egg Whites or Poached Eggs (**low sodium**) may be ordered upon request.

♥Low Fat or skim milk is also always available to you.

Dinner Service

♥Allerton House does not use added **salt** in its menu preparations.

♥Our daily fish entrée is designed to be a **low fat** menu alternative.

♥Please note, it is also possible to order a plain broiled chicken for your dinner entrée as a **low fat/low sodium alternative**.

♥Daily Soups are available in a **low sodium** alternative

♥We also offer the following and **sugar free** selections available on a daily basis.

Fresh Fruit Cup

Tomato Juice

Sugar Free Jell-O

Cottage Cheese

Sugar Free Applesauce

Low Sugar Canned Fruit Cocktail

Sugar Free Ice Cream

Chef's selection of Sugar Free *dessert of the day*.



Allerton House

Breakfast Menu

Fresh Fruit Cup

An assortment of freshly cut fruit of the day

If you don't see your favorite we will get it for you!

Juices & Cereals

Orange Juice
Grapefruit Juice
Apple Juice

Prune Juice
Cranberry Juice
Tomato Juice & V8

Cream of Wheat
Special K
Raisin Bran

Oatmeal
Corn Flakes
Bran Flakes

Breakfast Selections



Alternates always available!

Eggs any style made to order!

Today's Special!

Apple Pancakes

Delicious pancakes made with fresh apples and cooked to perfection

Muffin & Bagels

Fresh oven baked muffins & bagels

Assorted Danish

Chef's selection of fresh Danish



Allerton House



Luncheon Menu

Starter Course

Fresh Fruit Cup

An assortment of freshly cut fruit of the day

or

Beef and Barley Soup

A savory beef stock laced with fresh vegetables and barley

Luncheon Entrees

Chicken Piccata

Sautéed chicken breast with lemon juice, capers, red onions

Baked Ham

Served with grilled pineapple ring

Heart Healthy Broiled Chicken or Broiled Fish

Available daily

Entrees are served with Chef's Choice of starch and vegetable

Desserts

Chocolate Cream Pie

Or

A large assortment of Ice Cream!



Small portions are available. Please ask your server. Please note that foods prepared reflect low salt and sugar –free needs of the residents and guests of Allerton House

--Bon Apetit



Allerton House

Supper Menu

Starter Course

Fresh Fruit Cup

An assortment of freshly cut fruit of the day

or

Corn Chowder

Potatoes, onions, sweet peppers and corn

Evening Features

Tuna Salad Plate

Crumbled Tuna served on top of a fresh garden salad with roll!



Grilled Rye Sandwich

Made on Rye bread with Swiss cheese, potato salad

Heart Healthy Selection Available

Entrees served with Chef's choice of starch and vegetable

Desserts

Chilled Pears

Sliced pears in their own juices



Small portions are available. Please ask your server. Please note that foods prepared reflect low salt and sugar-free needs of the residents and guests of Allerton House

--Bon Apetit