

## WISSOTA HEALTH & REGIONAL VENT CENTER MEAL PLAN

### 7:30 – 8:45 AM

Continental Breakfast

Juice, Milk, Coffee

Assorted Cold Cereal/Hot Cereal

Fresh and Canned Fruit

White, Whole Wheat, Raisin Toast, English Muffins & Bagels

Daily Special such as made to order Eggs

### 11:15 AM – 12:30 PM

Lunch

Lunch is the biggest meal of the day.

Each meal is supplemented by alternative favorites, including a variety of sandwiches, salads, soups, entrée's, and breakfast items- giving residents plenty of choice

### 2:30 PM

A snack cart is brought around to each resident's room

Items on the cart may include: ice cream, cookies, fruit cups, applesauce, rice krispie bars, graham crackers, cheese and crackers, pudding, popcorn, et cetera.

### 4:45 – 6:00 PM

Supper

Supper is generally the lighter meal of soup, sandwiches, and casseroles

Each meal is supplemented by alternative favorites, including a variety of sandwiches, salads, soups, entrée's, and breakfast items- giving residents plenty of choice

### 7:00 PM

A snack cart is brought around to each resident's room

Items on the cart include: yogurt, ice cream, jello, pudding, and fruit

Three meals a day plus two nutritious snacks are provided for our residents. Alternative selections are available and residents are made aware of the choices at each meal. We encourage families and friends to share meals with our residents for a minimal charge. Meals are serviced in our communities' pleasant dining room, or a room service option is available. Snacks are available 24 hours a day.