This is a Sample Menu. The Daily Menu offers menu items that are available every day. We have a 5 week Menu Cycle where the Special of the Day changes daily and will not be served again for 5 weeks.

At Independence Hill, our Chef has personally selected the highest quality of food for your enjoyment. We offer a great variety of flavourful and nutritious choices on our Menu. Each meal is cooked and prepared with loving hands and served in our restaurant style dining room.







# Daily Menu

**V**egetable Soup

## Garden Salad

Iceberg Lettuce or Mixed Greens tossed with Carrots, Olives ◆,
Tomatoes and Your Choice of Dressing. With an Option of
Grilled Chicken, Turkey Breast or Ham ◆

### Featured Entrées

# **Catch of the Day**

Select Fillet of Fish Lightly Seasoned then Grilled or Baked

Angus Beef Burger or Garden Burger

Charbroiled Ground Sirloin Patty or Vegetable Patty with Lettuce, Tomato, Dill Pickles ◆, and Lite Mayonnaise. Topped with American or Swiss Cheese, Bacon ◆, Sautéed Mushrooms, Onions and Your Choice of a Sesame or Regular Bun. Served with French Fries, Sweet Potato Fries or Potato Chips ◆

### Chef's Sandwich

Your Choice of Ham ◆, or Turkey on White or Wheat Bread Served with French Fries, Sweet Potato Fries or Potato Chips ◆

### Grilled Chicken Breast

Charbroiled Chicken Breast Marinated in Italian Dressing

### Omelet

Fresh Eggs or 

Egg Substitute Prepared with Your Selection of Cheese, Ham ◆, Mushrooms, Bell Peppers, Onions, and Tomatoes

### **Desserts**

Fruit Cup, Selection of Ice Creams �, Frozen Yogurts Sugar Free Pie and Sugar Free Ice Cream

## Beverages

Assorted Fruit Juices ❖ (Orange, Cranberry, Lemonade)
V8 ◆, Milk (Skim, 2%, Buttermilk)
Iced Tea and Coffee

# Specials of the Day

### Soup

Shrimp Bisque with Parmesan Cheese

#### Salad

Mixed Greens with Mandarin Orange and Candied Almonds Raspberry Vinaigrette Dressing

# Today's Entrées

### Chicken Roulade ◆

Chicken Breast stuffed with Prosciutto, Spinach and Sun-dried Tomatoes

### Veal Oscar ◆

Pan Seared Veal Cutlet topped with Asparagus, Crab meat and Hollandaise Sauce

# **♥** Turkey Avocado Wrap

Smoked Turkey, Lettuce, Tomato, Avocado and Ranch Dressing Wrapped in a Whole Wheat Tortilla

## **Accompaniments**

♥Grilled Vegetable Medley
Fresh Snap Peas
Cream Corn ◆
Twice Baked Potato ❖

### Dessert

Boston Cream Pie �

Beer and Wine served Wednesday, Friday and Saturday Champagne and Mimosas served on Sundays

- ◆ Indicates High in Sodium ❖ Indicates High in Sugar
  - ✓ Indicates <400 Calories, <300 mg of Sodium and 0-9 Grams of Fat