



Harmony Trace

Breakfast Menu

Entrees

Fresh Griddle Pancakes

*Fluffy pancakes with syrup
Served with your choice of sides*

Fresh Eggs

*Eggs cooked to your way
Served with your choice of sides*

French Toast

*Thick French toast with syrup
Served with your choice of sides*

Sausage Gravy

*Creamy sausage gravy served with a biscuit
Served with your choice of sides*

Fruit & Yogurt Plate

*A serving of vanilla yogurt accompanied by an
assortment of fresh seasonal fruits and a pastry*

Omelet

*Ham and Cheese Omelet
Onion, pepper, ham, sausage available
Served with your choice of sides*

Sides

Breakfast Meat of the Day

Pastry of the Day

Yogurt

Hashbrown Patty

Toast: white, wheat, rye or raisin

Apple Sauce

Cottage Cheese

Seasonal Fruit

Cereals

Cold Cereal

Rice Chex

Rice Krispies

Corn Flakes

Frosted Flakes

Cheerios

Raisin Bran

Hot Cereal

Oatmeal

Cream of Wheat

Grits





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Dinner & Lunch Menu

Entrees

Grilled Chicken Breast

*Savory marinated chicken breast
Served with your choice of sides*

Fish of the Day

*Flaky white fish cooked your way
Served with your choice of sides*

Meatloaf

*House-made classic meatloaf
Served with your choice of sides*

Fried Chicken Tenders

*Breaded and fried chicken tenders
Served with your choice of sides*

Cheeseburger

*¼ lb. Beef patty, American cheese, on a toasted bun
with lettuce, tomato, and onion available
Served with your choice of sides*

Grilled Cheese

*Melty American cheese on grilled white bread
Served with your choice of sides*

Deli Sandwich

*Ham, turkey, or roasted beef on white, wheat, or
rye with your choice of American or Swiss cheese
Lettuce, tomato, and onion available
Served with your choice of sides*

Sides

Mashed Potatoes

**Green Beans
Glazed Carrots**

Apple Sauce

**Cottage Cheese
Seasonal Fruit**

French Fries

**Fresh Potato Chips
Fresh Vegetable**

Soup & Salad

Chef Salad

*Salad blend topped with tomato,
cucumber, onion, cheddar, sliced ham,
sliced turkey and eggs.*

Tossed Salad

*Salad blend topped with tomato,
cucumber, cheddar cheese*

Dressings: Ranch, Italian, 1000 island, Raspberry Vinaigrette

Chicken Noodle Soup

Vegetable Soup

Tomato Soup



National Church Residences

