



*An Assisted Living and Memory Care Community*

## **Fair Oaks Estates Menu**

### *Breakfast*

- Hot or cold cereal
- 🍁Eggs any style including Omelets to order 🍁Hashbrowns 🍁  
Toast, Muffins, Pancakes, Waffles or French Toast
- 🍁Sausage, Bacon or Grilled Ham
- 🍁Fresh Fruit 🍁Assorted Juices

### *Lunch*

- Tossed green salad
- 🍁Roasted Beef Tenders in Wine Sauce  
Or Oven Fried Chicken
- 🍁Red Potatoes 🍁Seasoned Broccoli 🍁Dinner Roll
- 🍁Dessert Cart 🍁Assorted Beverages

### *Dinner*

- 🍁Freshly made Minestrone Soup
- 🍁Shrimp Salad or Spaghetti with Meat Sauce
- 🍁Steamed Seasonal Vegetables 🍁Fresh Baked Bread Stick
- 🍁Assorted Beverages 🍁Assorted Ice Cream Selection

### *Alternate Selections for Lunch & Dinner*

- 🍁Grilled Cheese Sandwich 🍁Ham Sandwich 🍁Turkey  
Sandwich 🍁Tuna Sandwich 🍁Peanut Butter & Jelly Sandwich
- 🍁 Fresh Fruit

Fair Oaks Estates  
8845 Fair Oaks Blvd. Carmichael, CA 95608  
(916) 944-2077  
www.fairoaksestates.com  
License # 347001356