



SHINER

NURSING AND
REHABILITATION
CENTER

SAMPLE MENU

BREAKFAST

Juice of Choice

Fresh Banana

Cereal of Choice

Pancakes *with Margarine and Syrup*

Sausage Patty

Coffee, Tea and Milk

LUNCH

Swiss Steak

Roasted New Potatoes

Cauliflower *with Red Peppers*

Dinner Roll

Fresh Fruit

Coffee, Tea and Milk

DINNER

Turkey a la King

Pasta

Tossed Salad

Biscuit

Fresh Seasonal Melon

Coffee, Tea and Milk

Good nutrition is an essential part of your care at Shiner NRC. Our menu has been planned with variety and moderation in mind, and to achieve a well-balanced diet. Your daily diet may differ based on your physician's orders.