



MATAGORDA

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 Matagorda 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.