



Meal Time at Sundara

Sundara serves fresh, nutritious, comforting, healthy and appetizing meals. Our home-style menus are designed around familiar recipes that our residents have enjoyed throughout their lives. Our goal is to offer a wide variety and choice considering regional and cultural preferences. The following is a sample of the options that will be provided.

Breakfast

Always available: Variety of Juices, Coffee, Tea, Milk, Fresh Fruit, Yogurt, Dry Cereal and Oatmeal.

Main Entrées

Eggs any way, Bacon, Toast
Pancakes, Sausage, Hash browns
Sliced Ham, Eggs, County Style Grits
French Toast w/ Syrup with Bacon or Sausage
Biscuits and Gravy with Eggs any way
Waffles with Sausage or Bacon
Omelets with Assorted Fillings

Lunch and Dinner

Always available: Tea, Juice, Lemonade, Water, Coffee

Main Entrees

Chopped Sirloin Steak with Gravy and Baked Potato
Baked Ham with Pinto Beans and Corn Bread
Meatloaf with Tomato Sauce with Mashed Potatoes
Baked Fish with Lemon Pepper and Wild Rice
Beef Stroganoff with Buttered Noodles
Cornmeal Fried Catfish
Stuffed Bell Peppers

A variety of fresh vegetables and Salads will be served daily.

Alternate Choices

Soup or Sandwich of the day

Tomato Bisque and Grilled Cheese
Chicken Noodle and Black Forest Ham with Swiss on Whole Wheat
Broccoli Cheese and Smoked Turkey on Croissant
Split Pea and Ham and Club Sandwich on White
Vegetable Soup and Peanut Butter and Jelly

Desserts

Cobblers with Ice Cream, Cakes, Pies, Brownies, Cookies, Sugar Free Option

Hydration Station and Snacks

Flavored water will be readily accessible for all residents
Snacks will be served daily at 10am, 2pm and 7pm