Forest Hills Commons
ASSISTED LIVING & MEMORY CARE
A Triple Crown Community

# Always Available Menu

Chef Salad
Fruit Plate
Create your own salad:
*Lettuce, shredded cheese, cucumbers, cherrt tomatoes, onions*
*Boiled eggs, mushrooms, ham, turkey*
*Cottage Cheese, croutons*
*Dressings: Ranch, Thousand Island, Italian, French, Caesar, Honey Mustard, Balsamic Vinaigrette*

# Sandwiches/Entrees

Forest Hills Burger- Lettuce, tomato, onion, pickle, american cheese on a toasted bun.
BLT Sandwich-Bacon, Lettuce, Tomato, Mayo on toasted bread.
Deli Turkey Sandwich- Swiss Cheese, Lettuce, tomato, mayo
Grilled Cheese Sandwich
Grilled Peanut Butter and Jelly Sandwich

# Snacks/Shareables

Vegetable Spring Roll
Mozzarella Sticks
Chicken Tenders
Chips and Salsa

# Sides

Fresh Green Beans
Fresh Sauteed Spinach
French Fries

# Lighter Fare

Fruit and Cottage Cheese
Fresh Fruit Cup