



Sonshine Villa

Honoring our Senior Citizens



Sunshine Villa

Senior Living in a Home Atmosphere

Greg & Sue Odell, Caregivers/Owners

110 Sumac Drive
Alexandria, MN 56308
(320) 762-8506

Sample Menus and Meal Information

Breakfast:

My menus will vary from day to day. Hot cereals to cold cereals - fresh fruits to orange juice - eggs, breakfast meat, toast (depending on diet restrictions). Weekends - pancakes - waffles – breads and muffins.

Lunch:

These meals will vary from meats fixed different ways to a variety of hot dishes – potatoes – desserts – beverage of choice, etc.

Supper:

These will vary with sandwiches - soups - fruits - salads - beverage of choice

Snacks:

Mid-Morning – mid-afternoon – evening

MENU EXAMPLE:

8:00 a.m. - 9:00 a.m. - Breakfast

- Cereal - hot oatmeal
- Juice - orange
- Bread - toast or muffin
- Beverage - coffee or milk, etc. (client's choice)

10:30 a.m. - Snack

- Will be available if the client would like one.
- Cookies - fresh fruit - crackers

12:00 p.m. - 1 p.m. - Lunch

- Pot roast - potato - vegetable – these will vary depending on the type of meat I have prepared that day.
- Dessert - from pies - cakes to puddings
- Beverage of choice.

3:00 p.m. - Snack

- Will be made available if the client would like one.
- Cookies - fresh fruit - crackers

5:30 p.m. - 6:30 p.m. - Supper

- Hot soup - home-made vegetable (these will vary from day-to-day
In the summer months we will have more salads.
- Sandwich - these will vary in the variety of fillings and breads
- Beverage of choice.

8:00 p.m.

- Bedtime snack – if the clients would like one
- Small dish of ice cream - fruit - crackers (again depending on their diet.)