



THE KENSINGTON

An Assisted Living Residence

The Dining Experience

The Kensington serves meals in a sophisticated and elegant atmosphere, featuring candlelight, fresh flowers and color-coordinated table treatments. Our chef prepares fresh, nutritious and delicious menu selections presented attractively and aimed to please every patron's palate. Wine and beer are available at lunch and dinner. See the sample menu shown below.

Breakfast

Variety of Hot & Cold Cereals
Eggs Your Way + Egg Beaters ♥
Bacon + Sausage
Assorted Breakfast Pastries
Fresh Fruit Cup
Assorted Fruit Yogurt + Low-Fat Yogurt ♥
Blueberry Pancakes
Coffee + Tea + Milk + Assorted Fruit Juices

Lunch

Fresh Garden Salad
Italian Antipasto
Cheddar & Ale Soup
Assorted Sandwiches
Chicken Quesadilla + Smoked Pork Loin
Red Bliss Potatoes + Sauerkraut
Brioche Banana Pudding + Sugar-Free Selection

Dinner

Fresh Garden Salad
White Bean Soup
Grilled Filet Mignon + Baked Salmon Filet + Turkey Cutlet Viennese
Mashed Potatoes + Baked Potato + Duchess Potatoes
Tomato Provencal + Brussel Sprouts
Banana Foster + Napoleon Slice

Alternative menu selections are always available

Assorted Sandwiches: Turkey, Roast Beef, Tuna Salad, Ham, Chicken Salad, Egg Salad

Breads: Whole Wheat, White, Rye, 7-Grain

Cheeses: Cheddar, Swiss, American

From the Grill: Hamburger, Cheeseburger, Veggie Burger, Turkey Burger, Kayem Hot Dogs

Light Fare: Garden Salad, Plain Baked Chicken or Fresh Fish (at lunch and dinner)

Sugar-Free Desserts: Jell-O, Pudding, Ice Cream, Cookies, Cheesecake, Chocolate Cake

Your server will help you identify sodium-restricted, low-fat and sugar-restricted items

