

Woodbury Wellness Center
Always Available for You

Ask about Today's Chef Special

(Served with Vegetable of the Day)

From the Grill

Hamburger or Cheeseburger

Grilled to order and served with pickles slices, lettuce, tomato, & onion

Grilled Seasoned Chicken Breast Sandwich

Served on a soft roll with lettuce & tomato

Grilled Cheese Sandwich

Made on your choice of white or wheat bread

Peanut Butter and Jelly Sandwich

Prepared fresh for you using peanut butter & grape jelly

All-Beef Hot Dog

All sandwiches will be accompanied with Homemade Cole Slaw

The Lighter & Healthier Side

Chef Salad

Julienne turkey and ham w/ cheese served over mixed salad greens

Choice of Ranch, French or Italian dressing

Grilled Chicken Caesar Salad

Tossed crisp romaine lettuce w/ homemade crouton, parmesan cheese and Caesar dressing

“The Woodbury” Croissant Club

Sliced turkey and bacon with lettuce and tomato served on a buttery croissant

Bistro Favorites

“A Breakfast Affair”

Scrambled Eggs or Hard Boiled Egg w/ bacon and toast

Pan Seared Tilapia topped w/ Lemon Butter Sauce

We use only farmed raised sustainable Tilapia served with our house rice and vegetables

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Sides & Soups

House Tossed Salad

Fresh salad mixture with tomatoes, cucumbers and your choice of Ranch, French or Italian dressing

Vegetable of the Day

Homemade Cole Slaw

Mashed Potatoes with Gravy

Fruit or Vanilla Yogurt

Soup of the Day

Chicken Noodle Soup with Crackers

Our Delightful Desserts

Vanilla Pudding with Topping

Fresh Fruit in Season

Unsweetened Applesauce

Featured Dessert of the Day

Freshly Prepared Cookie of the Day

Beverages

Coffee or Tea

Hot Chocolate

Assorted Fruit Juices

(Apple, Orange or Cranberry)

Sweet Ice Tea

Unsweetened Ice Tea

Regular, Skim or 2% Milk

