



## THE KENSINGTON

An Assisted Living Community

REDONDO BEACH

### Our 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 guest'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 + French Toast  
Coffee + Tea + Milk + Assorted Fruit Juices

#### Lunch

Cucumber & Tomato Salad with Italian Vinaigrette ♥  
Butternut Squash Soup  
Grilled Monte Cristo Sandwich with Kensington Kettle Chips  
Brioche Banana Pudding + Strawberry Shortcake ♥

#### Dinner

Fresh Garden Salad  
Lobster Bisque  
Grilled Filet Mignon + Baked Salmon Filet + Chicken Marsala  
Mashed Potatoes + Baked Potato + Duchess Potatoes  
Grilled Asparagus + Roasted Brussel Sprouts  
Cheesecake + Tiramisu

#### 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

