

Residents Name:

Senior Living Community MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>BREAKFAST *</u> Hot Malt O'Meal Scrambled Eggs Biscuits & Gravy/ Sausage	<u>BREAKFAST *</u> Hot Oatmeal Banana Nut Pancakes Plain Pancakes /Bacon	<u>BREAKFAST *</u> Hot Cream of Wheat Fried Eggs Hash Browns & Sausage	<u>BREAKFAST *</u> Hot Malt O'Meal Belgin Waffles w/Berries & Whip Cream	<u>BREAKFAST *</u> Hot Oatmeal Scrambled Eggs Biscuits & Gravy/ Sausage	<u>BREAKFAST *</u> Hot Cream of Wheat Scrambled Eggs Potatoes & Ham	<u>BREAKFAST *</u> Hot Oatmeal or Grits Waffles Bacon
<u>LUNCH</u> Salad Bar Cream of Broccoli Soup (L) OR (S) Stewed Chicken and Dumplings OR Roast Pork Loin OR Grilled Chicken Breast <u>Choice Of Side Dishes</u> Egg Noodles Broccoli Spears Green Beans	<u>LUNCH</u> Salad Bar Garden Vegetable Soup (L) OR (S) Cheese Enchiladas Refried Beans OR Shephhrd's Pie OR Grilled Salmon <u>Choice Of Side Dishes</u> Spanish Rice Swiss Chard Italian Vegetables	<u>LUNCH</u> Salad Bar Chili con Carne (L) OR (S) Pork Chow Mein OR Turkey Mushroom Pie with Biscuit Topping OR Grilled Chicken Breast <u>Choice Of Side Dishes</u> Fried Rice Peas and Carrots Spinach	<u>LUNCH</u> Salad Bar Vegetable Barley Soup (L) OR (S) Roast Tenderloin of Beef OR Macaroni and Seafood Bake OR Grilled Pork Chop <u>Choice Of Side Dishes</u> Oven Browned Potatoes Zucchini Lima Beans	<u>LUNCH</u> Salad Bar Cream of Celery Soup (L) OR (S) Ham Steak Hawaiian OR Veal Curry Calcutta OR Grilled Chicken Breast <u>Choice Of Side Dishes</u> Buttered Egg Noodles Baby Carrots Green Beans	<u>LUNCH</u> Salad Bar Boston Clam Chowder (L) OR (S) Chicken Noodle Casserole Corn Bread OR Grilled Lamb Chops OR Grilled Salmon <u>Choice Of Side Dishes</u> Wild Rice Brussel Sprouts Pearl Onions	<u>LUNCH</u> Salad Bar Lumber Jack Veg. Soup (L) OR (S) Honey Stung Fried Chicken OR Beef and Broccoli Stir Fry with Steamed Rice OR Grilled Chicken Breast <u>Choice Of Side Dishes</u> Corn on Cob Cole Slaw Baked Beans
Peach Melba Pie	Flan Pudding	Pumpkin Spice Quickbread	White Chocolate Bread Pudding	Apple Pie	Lemon Cake	Strawberry Shortcake
<u>(L) DINNER (S)</u> French Onion Soup Tuna Melt Avocado & Tropical Fruit Salad Salad Bar Boston Cream Pie	<u>(L) DINNER (S)</u> Lentil Soup Grilled Smoked Turkey Provolone on Sourdough French Fries Salad Bar Old-Fashion Blueberry Crisp	<u>(L) DINNER (S)</u> Canadian Pea Soup B.L.T. Sandwich Fruit and Cabbage Salad Salad Bar Oatmeal Cookie	<u>(L) DINNER (S)</u> Senate Bean Soup Fish Sandwich Cole Slaw Salad Bar Lemon Meringue Pie	<u>(L) DINNER (S)</u> Rich Pumkin Soup Philly Cheese Steak on French Roll Fries Salad Bar Baked Custard with Caramel Sauce	<u>(L) DINNER (S)</u> Chicken Noodle Soup Combination Pizza Green Salad Salad Bar Walnut Pie	<u>(L) DINNER (S)</u> Corn Chowder Ham & Swiss on Sourdough Apple Raisin Salad Salad Bar Sugar Cookies



Remember: You can always make your own sandwich at the salad bar

Available by requesting and signing up for hamburger, hot dog or grilled cheese sandwich for lunch and dinner

Breakfast Also Includes Assorted Juices, Cold Cereals, Toast Peanut butter, Jelly, Pastries, Cheeses and Fresh Fruits on the Salad Bar

NSA-General Diet, No Salt - added at table

Milk, Juices and hot beverages served at all meals