

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 Blueberry 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) West Coast Lamb & Barley Stew OR Roast Cornish Hen. OR Grilled Chicken Breast Choice Of Side Dishes Rice O'Brian Creamed Spinach Honey Glazed Carrots Coconut Cream Pie	<u>LUNCH</u> Salad Bar Garden Vegetable Soup (L) OR (S) Roast Chicken With Gravy OR Meat Loaf Gravy OR Grilled Salmon Choice Of Side Dishes Whipped potatoes Green Beans Braised carrots & Celery Peach Cobbler	<u>LUNCH</u> Salad Bar Chili con Carne (L) OR (S) Chicken Pot Pie OR Beef & Vegetable Stir Fry Choice Of Side Dishes Vegetable Fried Rice Pea and Carrots Stir Fried Vegetables Citrus Cake W/ Butter Cream Frosting	<u>LUNCH</u> Salad Bar Vegetable Barley Soup (L) OR (S) Braised Beef Steak OR Macaroni, Cheese & Tomatoes OR Grilled Chicken Breast Choice Of Side Dishes Baked Potatoes Baby Carrots Broccoli Mornay Bread Pudding	<u>LUNCH</u> Salad Bar Cream of Celery Soup (L) OR (S) Meat Lasagna Garlic Bread OR Pineapple Baked Chicken OR Grilled Salmon Choice Of Side Dishes Rice O'Brian Italian Vegetables Brussels Sprouts Banana Cream Pie	<u>LUNCH</u> Salad Bar Boston Clam Chowder (L) OR (S) Beef Pot Pie OR Tilapia Buena Vista OR Grilled Pork Chop Choice Of Side Dishes Rosemary Potatoes Buttered Peas Whipped Squash Chocolate Kahlua Cake	<u>LUNCH</u> Salad Bar Lumber Jack Veg. Soup (L) OR (S) Italian Spaghetti & Meatballs OR Veal Scaloppini Garlic Bread OR Grilled Chicken Breast Choice Of Side Dishes Spaghetti Carrots Broccoli Spears Pecan Pie
<u>(L) DINNER (S)</u> French Onion Soup Grilled Patty Melt Apple Waldorf Salad Salad Bar Cheese Cake	<u>(L) DINNER (S)</u> Lentil Soup Barbecued Pork Sandwich Onion Rings Salad Bar Double Chocolate Brownies	<u>(L) DINNER (S)</u> Canadian Pea Soup Grilled Ham & Cheese on Rye Winter Fruit Salad Salad Bar Cream Fruit Dessert	<u>(L) DINNER (S)</u> Shrimp Bisque Chef's Demonstration Cooking Day Salad Bar Coconut Macaroons	<u>(L) DINNER (S)</u> Beef Vegetable Soup Hot Dog w/ Chili Pear & Cottage Cheese Salad Salad Bar Peach Shortcake	<u>(L) DINNER (S)</u> Chicken Noodle Soup Reuben Grill Cole Slaw Salad Bar Cheese Cake	<u>(L) DINNER (S)</u> Corn Chowder Club Sandwich And Fries Salad Bar Cherry Pineapple Delight

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

Available by requesting and signing 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