

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 <i>(L) OR (S)</i> Baked Catfish Almondine OR Roast Sirloin Strip with Hunters Sauce OR Grilled Chicken <u>Choice Of Side Dishes</u> Boiled Red Potato Collard Greens Asparagus	<u>LUNCH</u> Salad Bar Garden Vegetable Soup <i>(L) OR (S)</i> Stuffed Cabbage Rolls OR Duck Breast ala Orange OR Grilled Salmon <u>Choice Of Side Dishes</u> Wild Rice Spinach Tomato & Sauteed Onion	<u>LUNCH</u> Salad Bar Chili con Carne <i>(L) OR (S)</i> Enchilada Casserole Sour Cream & Salsa OR B.B.Q. Chicken OR Grilled Chicken <u>Choice Of Side Dishes</u> Spanish Rice Cauliflower Green Beans	<u>LUNCH</u> Salad Bar Vegetable Barley Soup <i>(L) OR (S)</i> Eggplant Parmesan Garlic Bread OR Roast Pork Loin With Garlic & Brandy OR Grilled Pork Chop <u>Choice Of Side Dishes</u> Oven Browned Potatoes Italian Vegetables Balsamic Roasted Onions	<u>LUNCH</u> Salad Bar Cream of Celery Soup <i>(L) OR (S)</i> 1/4 Chicken w/ Tarragon Cream Sauce OR Osso Bucco Style Veal Stew OR Grilled Salmon <u>Choice Of Side Dishes</u> Rice Florentine Succotash Squash	<u>LUNCH</u> Salad Bar Boston Clam Chowder <i>(L) OR (S)</i> Spaghetti With Meat Sauce Garlic Bread OR Fried Battered Cod Fillets OR Grilled Chicken <u>Choice Of Side Dishes</u> Steam Red Potatoes Italian vegetables Peas	<u>LUNCH</u> Salad Bar Lumber Jack Veg. Soup <i>(L) OR (S)</i> Roast Turkey w/Dressing & Gravy OR Kielbasa Sauerkraut OR Grilled Pork Chop <u>Choice Of Side Dishes</u> Mashed Potato Broccoli Spears Black Eyed Peas w/ Ham Hock
Peach Melba Pie	Lemon Cake	Blueberry Cobbler	Strawberry Cheese Dessert	Pumpkin Spice Quickbread	Mocha Chocolate Cake	Apple Peach Crumble
<u>(L) DINNER (S)</u> French Onion Soup Grilled Chicken Burger Onion Rings Salad Bar Apple Dumpling	<u>(L) DINNER (S)</u> Lentil Soup Club Sandwich French Fries Salad Bar Double Chocolate Brownie Bites	<u>(L) DINNER (S)</u> Canadian Pea Soup Grilled Tuna Melt Cucumbers & Onion in Sour Cream Salad Bar Caramel Apple Bars	<u>(L) DINNER (S)</u> Senate Bean Soup Hero Sandwich on Croissant Green Bean Salad Salad Bar Boston Cream Pie	<u>(L) DINNER (S)</u> Rich Pumkin Soup Philly Cheese Steak Sandwich Tomato Slices Salad Bar Raspberry Almond Triangles	<u>(L) DINNER (S)</u> Chicken Noodle Soup Combination Pizza Green Salad Salad Bar Frosted Fruit Gelatin	<u>(L) DINNER (S)</u> Tomato Soup Grilled Ham & Cheese Apple Raisin Salad Salad Bar Cookies

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

Available by requesting and signig 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