



Affordable, Modern Retirement Living



SAMPLE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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BREAKFAST

Variety of cold cereal, hot oatmeal, fresh fruit, fruit salad, prunes, apple sauce, bread, English muffins, bagels, orange juice, milk.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH OPTION 1	Potato soup & chicken salad sandwich	Tomato soup & egg salad sandwich	Tossed salad & chicken soup with roll	Barley soup & shaved ham sandwich	Club House sandwich	Cream of broccoli soup & panini	Greek salad & garlic bread
LUNCH OPTION 2	Beef Pot Pie & garden salad	Ravioli in Rosé sauce & caesar salad	Beef & Broccoli & tossed salad and roll	Cream of mushroom soup & stuff bell pepper	Hot Turkey Sandwich	Pierogies & Tossed Salad	Grilled Reuben with carrot and celery sticks
DINNER OPTION 1	Chicken leg with roasted potatoes and carrots	Salmon Steak w rice & green beans	Spaghetti and meat balls	Cabbage rolls & pierogies w veggies	Pan fried pickerel & fries	Chicken & dumplings & salad	Roast beef & potatoes w veggies
DINNER OPTION 2	Asian Beef Stir Fry with basmati rice	Beef stew with baked squash	BBQ pulled pork	Cheese & Spinach Cannelloni	Scalloped potatoes and Ham	Hamburger & Fries	Coconut Crusted Chicken with Beet Salad
DESSERT SERVED DURING LUNCH AND DINNER	Cheesecake	Lemon Meringue pie	Marble Cake	Carrot Cake	Boston cream pie	Ice cream & fruit	Hot Apple Pie

*WATER, JUICE, MILK, TEA & COFFEE is served at every meal.

LIVE TO YOUR RHYTHM in a carefree senior living environment.