



Breakfast

Sunday

Cinnamon Pancakes

Fluffy buttermilk pancakes flavored with vanilla and cinnamon, served with Syrup

Bacon or Sausage

Bacon or Sausage

Mandarin Orange or Peach Sections

Scrambled Eggs

Steaming, fluffy scrambled eggs

♥ Hot or Cold Cereal

Oatmeal, Froot Loops, Raisin Bran, Corn Flakes, Cheerios

♥ Choice of Juice

Choice of chilled orange or apple juice

Milk

Chilled milk

♥ Coffee / Tea / Decaf

Choice of coffee or hot tea



Lunch

Sunday

Featured Entrees

Honey Glazed Turkey Breast

Sliced Roasted Turkey Breast with a Honey Glaze.

Swedish Meatballs

Meatballs in a Cream base served over egg noodles

Featured Sides

Sage Cornbread Stuffing

Fluffy Cornbread Stuffing seasoned with Sage

Green Bean Casserole

Green Beans in a Creamy Mushroom Sauce topped with Crispy Fried Onions

♥ Zucchini and Yellow Squash

Sliced Zucchini and yellow squash slow roasted and lightly seasoned

Featured Dessert

Brown Sugar Short Cake

Brown Sugar Shortcake

Beverages

Cola, Diet Cola, Ginger ale,

Whole Milk, 2%, Skim, Apple, Cranberry, Tomato

Coffee, Decaf, Tea, Decaf Tea, Hot Cocoa, SF Cocoa



Evening

Sunday

Featured Entrees

Baked Penne Ricotta

Baked Penne Pasta mixed with Spaghetti Sauce and Ricotta Cheese topped with Mozzarella

♥ Grilled Salmon Cake

Salmon Cake topped with a Lemon Sesame Sauce

Featured Sides

♥ Garlic Roasted Cauliflower

Steamed fresh Cauliflower seasoned with Roasted Garlic

♥ Fettucine Noodles

Fettucine cooked Al dente and tossed in butter.

♥ California Blend Vegetables

Blended Vegetables lightly baked

Featured Dessert

Frosted Chocolate Cake

Chocolate Cake with creamy frosting

Beverages

Cola, Diet Cola, Ginger ale,

Whole Milk, 2%, Skim, Apple, Cranberry, Tomato

Coffee, Decaf, Tea, Decaf Tea, Hot Cocoa, SF Cocoa



Breakfast

Monday

Scrambled Eggs

Steaming, fluffy scrambled eggs

♥ Fresh Seasonal Fruit

A medley of fresh fruit in season

♥ Toast

Choice of White or Wheat Toast

Mandarin Orange or Peach Sections

Scrambled Eggs

Steaming, fluffy scrambled eggs

♥ Hot or Cold Cereal

Oatmeal, Froot Loops, Raisin Bran, Corn Flakes, Cheerios

♥ Choice of Juice

Choice of chilled orange or apple juice

♥ Coffee / Tea / Decaf



Lunch

Monday

Featured Entrees

Sweet and Sour Pork

Diced pork simmered in a sweet and sour sauce with pineapple chunks, carrots, onions and green bell peppers

♥ **Parmesan Fish**

Fish fillets topped with a lemon-parmesan mayonnaise spread and baked until tender and flaky

Featured Sides

♥ **Brown Rice**

Fluffy brown rice

Roasted Bok Choy

Bok choy roasted in a marinade of olive oil, sesame oil and tamari seasoned with garlic and crushed red pepper

♥ **Peas and Pearl Onions**

Green peas cooked with pearl onions

Featured Dessert

Banana Cream Pie

Fluffy and sweet banana cream pie in a flaky crust

Beverages

Cola, Diet Cola, Ginger ale,

Whole Milk, 2%, Skim, Apple, Cranberry, Tomato

Coffee, Decaf, Tea, Decaf Tea, Hot Cocoa, SF Cocoa



Evening

Monday

Featured Entrees

Beef Brisket

Beef brisket simmered until tender

♥ Chicken Pesto Pizza

*Pizza topped with pesto, chicken, green pepper, mushrooms and mozzarella cheese.
Served with arugula and a basil vinaigrette*

Featured Sides

♥ Colcannon Potatoes

Creamy whipped potatoes with chopped cabbage and green onions

♥ Parslied Baby Carrots

Steamed fresh baby carrots lightly seasoned

♥ Catalina Blend Vegetables

*Steamed peas, zucchini, carrots, green beans and onions
lightly seasoned*

Featured Dessert

Frosted Cake

Cake with creamy frosting

Beverages

Cola, Diet Cola, Ginger ale,

Whole Milk, 2%, Skim, Apple, Cranberry, Tomato

Coffee, Decaf, Tea, Decaf Tea, Hot Cocoa, SF Cocoa



Breakfast

Tuesday

♥ Waffles with Spiced Apple Topping

Golden brown waffles topped with spiced apple sauce and whipped topping

Bacon or Sausage

Bacon or Sausage

Mandarin Orange or Peach Sections

Scrambled Eggs

Steaming, fluffy scrambled eggs

♥ Hot or Cold Cereal

Oatmeal, Froot Loops, Raisin Bran, Corn Flakes, Cheerios

♥ Choice of Juice

Choice of chilled orange or apple juice

Milk

Chilled milk

♥ Coffee / Tea / Decaf

Choice of coffee or hot tea



Lunch

Tuesday

Featured Entrees

♥ **Breaded Italian Chicken**

Marinated chicken breasts coated with a seasoned panko and cheese breading then baked until tender and golden brown

Beef Stroganoff

Lean beef with mushrooms, and onions in a sour cream sauce

Featured Sides

♥ **Sautéed Fresh Broccoli**

Blanched fresh broccoli florets then sautéed with olive oil, fresh garlic and crushed red pepper flakes

♥ **Egg Noodles**

Tender egg noodle pasta

♥ **Seasoned Fresh Vegetables**

Blend of fresh carrots, broccoli, cauliflower and squash

Featured Dessert

Lemon Cake

Moist Lemon dessert

Beverages

Cola, Diet Cola, Ginger ale,

Whole Milk, 2%, Skim, Apple, Cranberry, Tomato

Coffee, Decaf, Tea, Decaf Tea, Hot Cocoa, SF Cocoa



Evening

Tuesday

Featured Entrees

Baked Ham with Raisin Sauce

Sliced ham baked, then topped with a sweet apple-raisin sauce

Breaded Shrimp with Cocktail Sauce

Tender, breaded shrimp served with a tangy cocktail sauce

Featured Sides

♥ Steamed Peas and Carrots

Lightly steamed peas and carrots

Buttered Green Beans

Tender seasoned green beans

Waffle Fries

Golden brown waffle fries

Featured Dessert

Chocolate Cake

Moist chocolate cake

Beverages

Cola, Diet Cola, Ginger ale,

Whole Milk, 2%, Skim, Apple, Cranberry, Tomato

Coffee, Decaf, Tea, Decaf Tea, Hot Cocoa, SF Cocoa



Breakfast

Wednesday

English Muffin Breakfast Sandwich

*Egg Patty, sliced ham and cheese served on an English Muffin
Muffin half*

Mandarin Orange or Peach Sections

Scrambled Eggs

Steaming, fluffy scrambled eggs

♥ Hot or Cold Cereal

Oatmeal, Froot Loops, Raisin Bran, Corn Flakes, Cheerios

Bacon or Sausage

Bacon or Sausage

♥ Choice of Juice

Choice of chilled orange or apple juice

Milk

Chilled milk

♥ Coffee / Tea / Decaf

Choice of coffee or hot tea



Lunch

Wednesday

Featured Entrees

Chili Con Carne

Ground beef, red kidney beans and diced tomatoes simmered in a tomato sauce

Chicken Stew

Savory chicken stew with potatoes, carrots, celery and onions

Featured Sides

♥ Seasoned Green Beans

Steamed green beans lightly seasoned

♥ Couscous

Fluffy seasoned couscous

♥ Sugar Snap Peas

Tender sugar snap peas lightly steamed and seasoned

Featured Dessert

Fruit Cobbler

Sweet fruit with a warm cornmeal cobbler topping

Beverages

Cola, Diet Cola, Ginger ale,

Whole Milk, 2%, Skim, Apple, Cranberry, Tomato

Coffee, Decaf, Tea, Decaf Tea, Hot Cocoa, SF Cocoa



Evening

Wednesday

Featured Entrees

♥ Cornbread Crusted Fish

Fish fillet topped with cornbread crumbles and baked until flaky

Cheese Ravioli with Vodka Sauce

Cheese ravioli topped with a vodka cream sauce enhanced with basil, garlic and parmesan cheese

Featured Sides

♥ Herbed Rice

Rice cooked with sautéed onions and seasoned with herbs

♥ Cauliflower with Red Peppers

Steamed cauliflower and red peppers

California Blend

Broccoli, Carrots and Cauliflower Blend

Featured Dessert

Boston Cream Pie

Boston Cream Pie

Beverages

Cola, Diet Cola, Ginger ale,

Whole Milk, 2%, Skim, Apple, Cranberry, Tomato

Coffee, Decaf, Tea, Decaf Tea, Hot Cocoa, SF Cocoa



Breakfast

Thursday

Breakfast Bagel Sandwich

A toasted bagel with eggs and choice of bacon, sausage or ham

Mandarin Orange or Peach Sections

Scrambled Eggs

Steaming, fluffy scrambled eggs

♥ Hot or Cold Cereal

Oatmeal, Froot Loops, Raisin Bran, Corn Flakes, Cheerios

♥ Toast

Choice of White or Wheat Toast

Bacon or Sausage

Bacon or Sausage

♥ Choice of Juice

Choice of chilled orange or apple juice

Milk

♥ Coffee / Tea / Decaf



Lunch

Thursday

Featured Entrees

♥ Pork Tenderloin with Caramelized Onions

Roast pork baked with an apricot, lime and soy glaze and served with caramelized onions and fresh cilantro

Turkey Pot Pie Topped with Puff Pastry

Tender chunks of turkey, carrots, celery, potatoes and peas baked in a velouté sauce topped with a golden puff pastry crust

Featured Sides

♥ Garden Medley Rice

Rice cooked with a variety of seasonal vegetables

Creamed Spinach

Steamed spinach and onions served in a savory, white sauce

♥ Mixed Vegetables

Lightly seasoned blend of corn, peas, carrots and green beans

Featured Dessert

Chocolate Caramel Bread Pudding

Warm bread pudding baked with chocolate morsels and topping with caramel sauce and whip cream

Beverages

Cola, Diet Cola, Ginger ale,

Whole Milk, 2%, Skim, Apple, Cranberry, Tomato

Coffee, Decaf, Tea, Decaf Tea, Hot Cocoa, SF Cocoa



Evening

Thursday

Featured Entrees

Bacon Meat Loaf

Homemade meatloaf prepared with ground beef, pork and bacon and seasoned with molasses, cider vinegar and spices

♥ **Baked Fish Fillet with Hollandaise Sauce**

Fish fillets baked until tender and flaky and served with Hollandaise sauce

Featured Sides

Sweet Potatoes Casserole

Mashed sweet potatoes with nutmeg

♥ **Yellow Squash with Red Peppers**

Tender yellow squash steamed with onions and sweet red peppers

♥ **Farmhouse Succotash**

Edamame and corn in a seasoned sauce

Featured Dessert

Pecan Pie

A rich pecan Pie

Beverages

Cola, Diet Cola, Ginger ale,

Whole Milk, 2%, Skim, Apple, Cranberry, Tomato

Coffee, Decaf, Tea, Decaf Tea, Hot Cocoa, SF Cocoa



Breakfast

Friday

Cheese and Egg Strata

Bread layered with mozzarella and cheddar cheese covered with an egg custard and baked until golden brown

Bacon or Sausage

Bacon or Sausage

Mandarin Orange or Peach Sections

Scrambled Eggs

Steaming, fluffy scrambled eggs

♥ Hot or Cold Cereal

Oatmeal, Froot Loops, Raisin Bran, Corn Flakes, Cheerios

♥ Choice of Juice

Choice of chilled orange or apple juice

Milk

Chilled milk

♥ Coffee / Tea / Decaf

Choice of coffee or hot tea



Lunch

Friday

Featured Entrees

♥ Catch of the Day

Tender and flaky fish fillets baked in the oven

♥ Smokey Shredded Beef

Slow roasted beef cooked until tender, shredded and combined with a sweet BBQ sauce

Featured Sides

♥ Orzo with Vegetables

Tender orzo pasta, diced tomatoes, and zucchini, enhanced with red pepper, garlic and parmesan cheese

Fresh Brussels Sprouts with Bacon

Brussels sprout sautéed until lightly browned then tossed with a light bacon and vinegar reduction

♥ Fresh Green Beans Amandine

Steamed fresh whole green beans tossed with almonds and olive oil

Featured Dessert

Black Forest Cake

Moist chocolate cake topped with cherry filling and whipped topping

Beverages

Cola, Diet Cola, Ginger ale,

Whole Milk, 2%, Skim, Apple, Cranberry, Tomato

Coffee, Decaf, Tea, Decaf Tea, Hot Cocoa, SF Cocoa



Evening

Friday

Featured Entrees

Chicken and Broccoli Stir Fry with Cashews

Chicken and broccoli sautéed with cashews

Tuna Salad on Croissant

Fresh tuna salad served on a flaky croissant

Featured Sides

Fried Rice

Rice, onions, carrots and peas stir fried with egg and soy sauce

♥ Roasted Fresh Beets

Roasted fresh beets tossed in a lightly seasoned olive oil

♥ Herb Baked Tomato

Stewed tomato baked with breadcrumbs, herbs and parmesan cheese

Featured Dessert

Raspberry Custard Pie

Beverages

Cola, Diet Cola, Ginger ale,

Whole Milk, 2%, Skim, Apple, Cranberry, Tomato

Coffee, Decaf, Tea, Decaf Tea, Hot Cocoa, SF Cocoa

Breakfast



Saturday

Biscuit

Fresh-baked classic biscuits

Sausage Gravy

Breakfast sausage cooked in a cream gravy

Mandarin Orange or Peach Sections

Scrambled Eggs

Steaming, fluffy scrambled eggs

♥ **Hot or Cold Cereal**

Oatmeal, Froot Loops, Raisin Bran, Corn Flakes, Cheerios

Bacon or Sausage

Bacon or Sausage

♥ **Choice of Juice**

Choice of chilled orange or apple juice

Milk

♥ **Coffee / Tea / Decaf**



Lunch

Saturday

Featured Entrees

♥ Salisbury Steak

Baked Salisbury Steak Patty topped with a beef Gravy

♥ Apricot Dijon Chicken

Chicken slowly baked in an apricot sauce

Featured Sides

♥ Peas and Cauliflower

Lightly seasoned tender peas and cauliflower

Wild Rice Blend

Steamed wild rice

♥ Parslied Fresh Carrots

Steamed fresh carrots sprinkled with fresh, chopped parsley

Featured Dessert

Red Velvet Cake

Moist red velvet cake topped with cream cheese frosting

Beverages

Cola, Diet Cola, Ginger ale,

Whole Milk, 2%, Skim, Apple, Cranberry, Tomato

Coffee, Decaf, Tea, Decaf Tea, Hot Cocoa, SF Cocoa



Evening

Saturday

Featured Entrees

♥ Cuban Mojo Pork

Tender and juicy baked pork shoulder marinated with citrus, cilantro, and cumin served over flour tortilla.

Roasted Turkey

Tender and juicy roasted Turkey

Featured Sides

♥ Traditional Stuffing

Fluffy Seasoned Stuffing

♥ Fiesta Blend Vegetables

A medley of broccoli, carrots, white beans, Italian beans, kidney beans, garbanzo Beans

Sweet Potato Casserole

Blended sweet Potatoes mixed with Brown Sugar and topped with Marshmallows

Featured Dessert

Peanut Butter Mousse

Peanut butter whipped into a creamy mousse

Beverages

Cola, Diet Cola, Ginger ale,

Whole Milk, 2%, Skim, Apple, Cranberry, Tomato

Coffee, Decaf, Tea, Decaf Tea, Hot Cocoa, SF Cocoa