



## Sample Menu

Our six-week rotating menu is prepared in conjunction with our comprehensive care team and members of our dietary staff to assure the nutritional needs and preferences of our senior residents are met. Three home-cooked nutritious meals are offered daily. With a physician's order, we are able to provide some therapeutic diets. Healthy snacks and non-caffeinated beverages are offered throughout the day and available 24 hours. Diabetics are assured their evening snacks. Mealtimes are considered to be a social time and residents eat together in the dining room. Assistance is offered to residents who have difficulty eating independently. This can take the form of, among other things, cutting meat or providing finger foods. A private dining room is also available for families to use for special occasions such as a birthday or anniversary.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	Cream of Wheat or Cold Cereal Danish Fruit	Fried Eggs Cinnamon Raisin Toast Fruit	Pancakes w/Dutch Apple Topping Sausage Links Fruit	English Muffin Choice of Topping Yogurt Fruit	Loaded Egg Bake Hash Browns w/ Bell Peppers Fruit	Waffles w/Berry Topping Breakfast Ham Fruit	Cheese & Bacon Quiche Whole Wheat Toast Fruit
<b>DINNER</b>	Vegetable Lasagna Garlic Sticks Cucumber Salad Peaches Earthquake Cake	Salisbury Steak Garlic Chunky Potatoes Green Beans Tropical Fruit Bowl Banana Cake w/ Cream Cheese Frosting	New England Boiled Dinner: Corned Beef and Cabbage w/ Baby Red Potatoes Dill Carrots Rye Bread Spiced Apricots	Herb Roast Turkey Stuffing Sweet Potato Casserole Cauli Broc Bake Cran/Apple Sauce Pumpkin Pie	Baked Ham Scalloped Potatoes Green Bean Casserole Seasonal Fruit Homemade Bread Apple Cobbler	Alaskan Salmon White Rice Steamed Veggies w/Bread Crumbs Fruit Cocktail Cup Whole Grain Bread Poppy Seed Torte	Chicken Cacciatore Spinach Salad w/ Hot Bacon Dressing Fruit Salad S'More Cheesecake
<b>SUPPER</b>	Beef Barley Soup Italian Club Sandwich Cottage Cheese Apple Crunch	Vegetable Quiche Apricots Creamy Fruit Mold Choco-Cherry Cake	Sloppy Joe on Bun w/American Cheese Bean Salad Potato Chips Raspberry Jell-O w/Berries & Cream	Seasoned Drumstick German Potato Salad Tropical Fruit Peanut Butter Cookie	Root Veggie Stew Homade Cinnamon Apple Sauce Toasted English Muffin Ginger Snaps with Vanilla Ice Cream	Homemade Mac & Cheese Tuna Salad on Roll Sweet & Sour Beets HoHo Bars	Rueben Soup Turkey Salad on Wheat Wrap Pickle Sun Chips Special K Bars