

Sample Weekly Menu

Actual menu is posted in Dining Room

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Assorted Juices Assorted Cold Cereal Hot Cereal Assorted Breads Assorted Seasonal Fruit Pastries, Muffins, Danish Scrambled Eggs	Assorted Juices Assorted Cold Cereal Hot Cereal Assorted Breads Assorted Seasonal Fruit Buttermilk Scone Breakfast Quiche	Assorted Juices Assorted Cold Cereal Hot Cereal Assorted Breads Assorted Seasonal Fruit Blueberry Muffin Baked Omelet/ Cheese Sausage Links	Assorted Juices Assorted Cold Cereal Hot Cereal Assorted Breads Assorted Seasonal Fruit Home Fried Potatoes Mushroom, Ham & Swiss Egg Sub Frittata	Assorted Juices Assorted Cold Cereal Hot Cereal Assorted Breads Assorted Seasonal Fruit Raisin Scones Scrambled Eggs Sausage Links	Assorted Juices Assorted Cold Cereal Hot Cereal Assorted Breads Assorted Seasonal Fruit French Toast Sticks Sausage Patties	Assorted Juices Assorted Cold Cereal Hot Cereal Assorted Breads Assorted Seasonal Fruit Sausage and Egg Sandwich on English Muffin Hash Browns
Lunch	Caesar Salad Beef Tenderloin with Béarnaise Herbed Baked Salmon Baked Potato Asparagus Cuts Fresh Carrots with Dill Dinner Roll Black Forest Cake	Watergate Salad Vegetable Strudel Marinara with Cheese Beef Stroganoff Noodles Asparagus Cuts Buttered Cabbage Dinner Roll Lemon Meringue Pie	Marinated Vegetable Salad Crab Cake Rotisserie Chicken Golden Rice Pilaf Harvard Beets Broccoli Spears Dinner Roll Fruit and Gelatin Parfait	Sliced Peaches Roast Turkey Breast Herbed Pork Chop Bread Dressing Brussels Sprouts Cauliflower Dinner Roll Lemon Meringue Pie	Meat Lasagna Ham Loaf Whipped Potatoes Sliced Fresh Carrots Green Peas Dinner Roll Strawberry Pie	Marinated Tomatoes Fresh Catch of the Day Sausage Au Gratin Potatoes Fresh Broccoli Florets Escaloped Apples Dinner Roll Hummingbird Cake	Marinated Mushroom Salad Country Ham Steak Roast Leg of Lamb Baked Potato Fresh Vegetable Du Jour Spinach Multigrain Dinner Roll Angel Food Cake with Berry Sauce
Dinner	Corn Chowder Garden Vegetable Soup Cheese Ravioli with Marinara Sauce Garlic Bread Apple Dumpling Dessert Cart	Broccoli Cordon Bleu Soup Wild Rice Soup Romaine Chicken Breast Sandwich Chili with Cornbread Muffin Dessert Cart	Split Pea Soup Chicken Vegetable Soup with Orzo Hot Beef Sandwich Whipped Potatoes Green Peas Anti-Pasta Plate with Crackers Dessert Cart	Cream of Potato Soup Pepper Pot Soup BLT Sandwich Shrimp Salad on Croissant Dessert Cart	Chicken Gumbo Lean Shepherd's Pie Ham Salad Sandwich Dessert Cart	Mushroom Barley Soup Vegetable Beef Soup Stromboli Citrus Shrimp Salad Plate Dessert Cart	New England Clam Chowder Chicken Corn Soup Vegetable Quiche Capicola, Salami and Provolone Sandwich Dessert Cart

Examples of Alternate Selections

Lunch

Baked Fish
Chicken Breast
Vegetable Platter
Pasta Marinara

Dinner

Chef's Salad
Choice of Sandwich or Hot Dog on Roll
Fruit and Cottage Cheese Plate

Meals include a selection from
the dessert cart and choice of ice cream.

Salad Bar is available during
noon and evening meals.