

April 28th - May 4th 2024



Drink options: Milk, Coffee (Decaf & Reg.), Cappuccino, Hot Chocolate, V8, Lemonade, Cranberry, Orange Juice, Iced Tea, Prune Juice, Apple Juice, Water

Spring: Week 4

MORE OPTIONS THAN EVER BEFORE!

*** NEW for Spring***
Iced Green Tea

	Sunday 28-April	Monday 29-April	Tuesday 30-April	Wednesday 1-May	Thursday 2-May	Friday 3-May	Saturday 4-May
Breakfast	Frosted Scone - <i>Or</i> - Muffin + Scrambled Eggs (GF/DF) Sausage Links (GF/DF) Oatmeal / Cereal + Fresh Fruit (GF/DF) & Toast +	<i>*Resident Suggested*</i> EGGS TO ORDER! (GF/DF) 5 Ways: 1) Scrambled 2) Poached 3) Over Easy 4) Over Medium 5) Over Hard Hashbrown Patty Oatmeal / Cereal + Bacon (GF/DF) Fresh Fruit (GF/DF) & Toast +	French Toast + Oatmeal / Cereal + Scrambled Eggs (GF/DF) Sausage Patty (GF/DF) Fresh Fruit (GF/DF) & Toast +	<i>*New Rotating Option*</i> *Ham, Egg, and Cheese Biscuit Sandwich* + (GF Bread Available for special diets) - <i>Or</i> - Scrambled Eggs (GF/DF) Breakfast Ham (GF/DF) Oatmeal / Cereal + Soft Fruit (GF/DF) & Toast +	Pancakes + Scrambled Eggs (GF/DF) Sausage Links (GF/DF) Oatmeal / Cereal + Fresh Fruit (GF/DF) & Toast +	<i>*Resident Suggested*</i> Sausage and Cheddar "Omelette" Bake + - <i>OR</i> - Scrambled Eggs (GF/DF) Oatmeal / Cereal + Tater Tots (GF/DF) *Raisin Toast* - <i>OR</i> - Reg. Toast + Bacon (GF/DF) Soft Fruit (GF/DF)	<i>*Resident Survey Suggested*</i> *Belgian Waffles* + Scrambled Eggs (GF/DF) Sausage Links (GF/DF) Oatmeal / Cereal + Fruit (GF/DF) & Toast +
Lunch	<i>*Resident Survey Suggestion*</i> *Grilled Salmon* with Creamy Lemon Dill Sauce (GF/DF) Rice Pilaf + (White Rice available for GF) French Cut Green Beans Almondine + (GF/DF) (Without Almonds for Nut Allergy) Fruit Dessert (GF/DF) Fruit Cocktail	<i>*New for Spring*</i> *Strawberry, Orange, Blueberry Salad with Chicken and Fresh Spinach* (GF/DF) (Full Size) (With a Lettuce and Fresh Spinach Blend, Sliced Strawberries, Mandarin Oranges, Blueberries, Toasted Almonds and Chicken) *Served with Raspberry Vinaigrette Dressing* - <i>Or</i> - Dressing of Choice Warm Roll + (Butter) Healthy Choice: Cottage Cheese (if available) (GF) Applesauce (GF/DF) Yogurt (GF)	<i>*Resident Survey Suggestion*</i> *Chili Cheese Dog Basket* (A Hot Dog Topped with Ground Chili and Shredded Cheddar Cheese) (GF with no Bun/ or on GF Burger Bun) (DF with no Cheese) French Fries Pickle Cookie +	*SPECIAL* <i>*Resident Survey Suggestion*</i> *Grilled Steaks* (GF/DF) Baked Potato (GF/DF) Roasted Fresh Brussels Sprouts (GF/DF) Chef's Choice Dessert (Alternative for Special Diets)	<i>*Resident Survey Suggestion*</i> *BBQ Pulled Pork Sandwich on Bun* (DF) (GF with no bun or GF Bun is available) Side of Cole Slaw (GF/DF) Chips (GF/DF) Cookie +	<i>*New*</i> *Tortellini Pasta, Sausage and Spinach Bowl with Vodka Sauce* (No Alcohol used) (Three Cheese Tortellini Pasta mixed with Sausage and Spinach combined with a Alcohol Free Vodka Style Sauce, Topped with Shredded Parmesan Cheese) Pistachio Cannoli + (Alternative for Special Diets)	<i>*Resident Survey Suggestion*</i> **New Side Item** Chicken Tender + (2 or 3) With *Mac & Cheese* **Green Pea Salad** (GF) + (Creamy Mayo Blend with Peas, Bacon Bits and Cheddar Cheese) Cookie +
WEEKLY LUNCH SPECIAL (#2) : Italian Grilled Cheese and Pepperoni (A Grilled Cheese with Mozzarella, Pepperoni, and a dab of Marinara Sauce on Texas Toast) with Tomato Soup Optional (Chips if soup is not selected) *New* Option 3: Pulled Pot Roast, Corn and Mashed Potato Bowl (A Hearty bowl of Red Skin Mashed Potatoes Smothered with Buttered Corn and Shredded Beef Pot Roast Topped with Gravy) (GF without Bread) With Daily Bread Option (with Butter) *New*							
Dinner	*New* *Chicken Parm Alfredo* (GF) + (Grilled Chicken Breast Topped With Alfredo Sauce, topped with Mozzarella and Parmesan, Bake) with Fresh Broccoli Garlic Cheddar Biscuit (with Butter) Lemon Meringue Pie (Alternative for Special Diets)	<i>*Resident Suggestion*</i> *New* *French Onion Meatloaf* (GF/DF) (Topped with Gravy) Smashed Red Potatoes (GF) + Cali-Blend Veggies (GF/DF) (Cauliflower, Carrots, Broccoli) <i>*Resident Suggested*</i> Scooped Ice Cream + (Dairy Free Ice Cream Available for DF Diets)	*New* *Roasted Turkey Stroganoff* + (Fresh Roasted Turkey with a creamy stroganoff Sauce and Mushrooms) Over Egg Noodles Sauteed Fresh Asparagus Fresh Baked Dinner Roll + (Butter) Chocolate Cake (Alternative for Special Diets)	*New Seasonal* **New Side Item** *Grilled Honey BBQ Chicken Breast* (GF/DF) 5 Way Vegetable Blend **Mashed Red Skin Potatoes** (GF) + (Gravy) Ambrosia (Alternative for Special Diets)	<i>*Resident Survey Favorite*</i> *Classic* Traditional Style *Goulash* (DF) (GF without Pasta) (A hearty beef stew with Vegetables and Noodles) Fresh Baked Bread + (Butter) *New Dessert* Warm Apples & Cinnamon A La Mode (Baked Apple Slices with Cinnamon Topped with Ice Cream and Caramel Sauce) (Alternative for Special Diets)	*New for Spring* **New Side** *Tilapia Veracruz* (GF/DF) (Tilapia Fish topped with a Tomato Salsa) **Black Beans** + With Spanish Rice (Not Spicy) Lime Wedge (Butter) Key Lime Pie (Alternative for Special Diets)	<i>*Resident Survey Suggested*</i> *Breakfast For Dinner* **Resident Favorite** Spinach, Mushroom, Bacon, Cheddar Quiche + **Cheesy Hash Browns** + Sausage Links (GF/DF) Assorted Dessert (Alternative for Special Diets)
WEEKLY DINNER SPECIAL: Hearty Chef Salad (With Chopped Tomatoes, Cucumbers, Red Onion, Shredded Carrots, Chopped Eggs, Ham & Turkey and Sunflower Seeds) (GF/DF with no Cheese) With Dressing of Choice *New Lent Option* With Daily Bread Option - Pair With Soup Combo Optional -							
SOUP OF THE WEEK: Campbell's Tomato Soup (DF) (With Oyster Crackers) *Resident Favorite / Suggested* Chicken Broth Always Available (GF/DF)							

Off-color Squares indicate "heavier meal" for lunch - per residents request

GF=Gluten Free DF=Dairy Free +=Similar alternative version of concept if possible
Alternative options are made available for those with special dietary requirements in regards to allergies and other dietary restrictions.
****NO ADDED SALT / BLACK PEPPER****

Weekly specials will include the sides of that days meal unless otherwise stated*