

May 5th - May 11th 2024



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

*** NEW Seasonal Drink Special for Spring***
Arnold Palmer
(Ice Tea set on Lemonade)

Spring: Week 5

MORE OPTIONS THAN EVER BEFORE!

Monthly Birthday Celebration

| | Sunday 5-May | Monday 6-May | Tuesday 7-May | Wednesday 8-May | Thursday 9-May | Friday 10-May | Saturday 11-May |
|--|--|--|--|---|--|--|---|
| Breakfast | <p><i>*Rotating Option*</i></p> <p>Banana Bread + Oatmeal / Cereal + Scrambled Eggs (GF/DF) Sausage Links (GF/DF) Fresh Fruit (GF/DF) & Toast +</p> | <p><i>*Resident Suggested*</i></p> <p>EGGS TO ORDER! (GF/DF) 5 Ways: 1) Scrambled 2) Poached 3) Over Easy 4) Over Medium 5) Over Hard</p> <p>Hashbrown Patty Oatmeal / Cereal + Bacon (GF/DF) Fresh Fruit (GF/DF) & Toast +</p> | <p><i>*New Rotating Option for Spring*</i></p> <p>*Mixed Berry Oatmeal Parfait* + Gluten Friendly: May contain trace amounts (Strawberries, Blueberries, Chilled Oatmeal, Yogurt and Homemade Granola (Granola contains nuts / can be made without) (DF: with no Yogurt)</p> <p>Scrambled Eggs (GF/DF) Sausage Patty (GF/DF) Oatmeal / Cereal + Fresh Fruit (GF/DF) & Toast +</p> | <p><i>*Resident Favorite*</i></p> <p>Biscuits & Gravy (GF) + (A Traditional White Gravy with Sausage)</p> <p>Oatmeal / Cereal + Scrambled Eggs (GF/DF) Breakfast Ham (GF/DF) Soft Fruit (GF/DF) & Toast +</p> | <p>Pancakes + Oatmeal / Cereal + Scrambled Eggs (GF/DF) Sausage Links (GF/DF) Fresh Fruit (GF/DF) & Toast +</p> | <p><i>*Resident Suggested*</i> <i>*New Rotating Option*</i></p> <p>Veggie "Omelette" Bake + (GF/DF) - Or - Scrambled Eggs (GF/DF) Oatmeal / Cereal + *Tater Tots* (GF/DF) *Raisin Toast* - OR - Reg. Toast + Bacon (GF/DF) Soft Fruit (GF/DF)</p> | <p><i>*Resident Survey Suggested*</i></p> <p>*Belgian Waffles* + Oatmeal / Cereal + Scrambled Eggs Sausage Links (GF/DF) Fruit (GF/DF) & Toast +</p> |
| Lunch | <p><i>*New*</i></p> <p>*Orange Glazed Ham* (GF/DF) Vegetable Blend (Prince Charles) (GF/DF) Mashed Sweet Potatoes (GF) + Buttermilk Biscuit + (Butter)</p> <p>Mandarin Orange Creamy Jello + (Alternative for Special Diets)</p> | <p><i>*New for Spring*</i></p> <p>*Crab Cakes* (GF/DF) (2 Cakes, with Aioli Sauce) Paired with Soup - OR - Side Salad And Garlic Cheddar Biscuit</p> <p>Healthy Choice: Cottage Cheese (if available) (GF) Applesauce (GF/DF) Yogurt (GF)</p> | <p><i>*New*</i></p> <p>*Chicken & Rice Burrito* + (With Pulled Chicken, Refried Beans, Spanish Rice, and Cheese, rolled in a Flour Tortilla and Seared on the Flat Top Grill) (Side of Sour Cream)</p> <p>Tortilla Chips & Salsa +</p> <p>Birthday Cake (Alternative for Special Diets)</p> | <p><i>*New*</i></p> <p>*Teriyaki Beef & Vegetable Stir Fry* + (Mixed in a Chinese Teriyaki Brown Sauce) Served over</p> <p>White Rice (GF/DF) Veggie Spring Roll (DF) (With Fortune Cookie)</p> <p>Chef's Choice Dessert</p> | <p><i>*New*</i></p> <p>*Tuna Salad Sub Sandwich* + (Shredded lettuce, sliced tomatoes, Pickle Chips and Provolone Cheese, On a Hoagie Roll) Side of Oil & Red Wine Vinegar upon request</p> <p>Sun Chips (GF/DF) Pickle (GF/DF)</p> <p>Cookie +</p> | <p><i>*New*</i></p> <p>*Maple Glazed Pork Chops* (GF/DF) With Baked Beans (GF/DF) Fresh Baked Roll + (GF Bread Available for Special Diets) With Butter</p> <p>Salted Caramel Crumb Bar (Alternative for Special Diets)</p> | <p><i>*Resident Survey Suggestion*</i></p> <p>Pepperoni Pizza + (1 or 2 Pieces) Side Caesar Salad (GF/DF) (Dressing of Choice) - OR - Applesauce (GF/DF)</p> <p>Cookie +</p> |
| <p>WEEKLY LUNCH SPECIAL (#2): Grilled Salmon Greek Salad (Romaine Lettuce, Chopped Cherry Tomatoes, Sliced Red Onion, Grilled Salmon, Black Olives, Feta Cheese and served with Greek Dressing or Dressing of Choice) <i>*NEW for Spring*</i></p> <p>Option #3: Sloppy Joe on Bun (GF with no Bun) / (DF) With Chips and a Pickle</p> | | | | | | | |
| Dinner | <p><i>*Extra Option*</i></p> <p>Option 1: Egg Salad Sandwich + (on Croissant with Leaf Lettuce) Side of Cheese Spread and Crackers (GF Bread Available) - Or - Soup</p> <p>Option 2: Chicken Caesar Salad + (Romaine Lettuce, Grilled and Chilled Chicken Shredded Parmesan Cheese and Croutons) (GF without the Croutons/ DF without the Cheese)</p> <p>Side of Daily Bread (Butter)</p> <p>Chocolate Covered Peanut Butter Bar (Alternative for Special Diets)</p> | <p><i>*Resident Favorite*</i> <i>*Classic*</i> <i>*New Fresh Vegetable*</i></p> <p>Beef Pot Roast (GF/DF) (With Gravy)</p> <p>Roasted Fresh Carrots & Fresh Parsnips (GF/DF) Fresh Baked Dinner Roll + (Butter)</p> <p><i>*Resident Suggested*</i> Scooped Ice Cream + (Dairy Free Ice Cream Available for DF Diets)</p> | <p><i>*New*</i></p> <p>*Roasted Pork Tenderloin* (GF/DF) *With Creamy Dijon Mustard Sauce* (GF)</p> <p>Roasted Red Skin Potatoes (GF/DF) Fresh Steamed Asparagus (GF/DF)</p> <p>Peach Cobbler (Alternative for Special Diets)</p> | <p><i>*Classic*</i> <i>*New Side Item*</i></p> <p>Chicken Parmesan + (Breaded Chicken Breast topped with Marinara Sauce, Mozzarella, and Parmesan)</p> <p>*Fresh Broccoli Parm Au Gratin* + (GF) (Broccoli Baked in a Parm Au Gratin Cheese Sauce)</p> <p>Garlic Bread +</p> <p>Frosted Lemon Pound Cake (Alternative for Special Diets)</p> | <p><i>*New*</i></p> <p>Turkey and Rice Casserole (GF) (A Hearty Casserole mixed with Roasted Turkey, Rice, Cheese, and Mixed Vegetables) With Fresh Baked Buttered Bread (DF)</p> <p>Chocolate Cream Pie (Alternative for Special Diets)</p> | <p><i>*New*</i></p> <p>*Sweet & Sour Glazed Salmon* with Wild Rice (GF/DF) Capri Blend Vegetables (GF/DF)</p> <p><i>*New*</i> Cherry Cheesecake (Alternative for Special Diets)</p> | <p><i>*Resident Favorite*</i> <i>*Classic*</i></p> <p>Sloppy Joe (Mix is GF/DF) On Bun (GF Bun Available) Chips (GF/DF) Pickle (GF/DF)</p> <p>Strawberry Cream Filled Cupcake (Alternative for Special Diets)</p> |
| <p>WEEKLY DINNER SPECIAL: Grilled BBQ Chicken Breast (GF/DF) with Side of Dinner Vegetable and Daily Starch /Bread <i>*New Seasonal Option*</i></p> | | | | | | | |
| <p>SOUP OF THE WEEK: Asparagus Soup (GF/DF) (With Oyster Crackers) <i>*New for Spring*</i></p> <p>Chicken Broth Always Available (GF/DF)</p> | | | | | | | |

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

GF=Gluten Free DF=Dairy Free +=Similar alternative version of concept if possible

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

Alternative options are made available for those with special dietary requirements in regards to allergies and other dietary restrictions.

****NO ADDED SALT / BLACK PEPPER****