

July 7th - July 13th 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 Summer***
Strawberry Lemonade

Summer: Week 4

	Sunday 7-July	Monday 8-July	Tuesday 9-July	Wednesday 10-July	Thursday 11-July	Friday 12-July	Saturday 13-July
Breakfast	Frosted Scone - Or - Muffin + Scrambled Eggs (GF/DF) Sausage Links (GF/DF) Oatmeal / Cereal + Fresh Fruit (GF/DF) & Toast +	EGGS TO ORDER! (GF/DF) 5 Ways: 1) Scrambled (S) 2) Poached (PE) 3) Over Easy (OE) 4) Over Medium (OM) 5) Over Hard (OH) Cubed Hashbrowns Oatmeal / Cereal + Bacon (GF/DF) Fresh Fruit (GF/DF) & Toast +	Home-Made Cinnamon French Toast Sticks + Scrambled Eggs (GF/DF) Sausage Links (GF/DF) Oatmeal / Cereal + Fresh Fruit (GF/DF) & Toast +	Bacon, Egg, and Cheese Biscuit Sandwich + (GF Bread Available for special diets) - Or - Scrambled Eggs (GF/DF) Bacon (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 +	Sausage and Cheddar "Omelette" Bake + - Or - Scrambled Eggs (GF/DF) Oatmeal / Cereal + Tater Tots (GF/DF) Raisin Toast - Or - Reg. Toast + Bacon (GF/DF) Soft Fruit (GF/DF)	Belgian Waffles + Scrambled Eggs (GF/DF) Sausage Links (GF/DF) Oatmeal / Cereal + Fruit (GF/DF) & Toast +
Lunch	Grilled Salmon with Creamy Lemon Dill Sauce (GF) + Rice Pilaf + (White Rice available for GF) French Cut Green Beans (GF/DF) Fruit Dessert (GF/DF) Fruit Cocktail	Chicken Caesar Wrap + on Spinach Tortilla (GF Bread Available) (Grilled Chicken - Chilled, Chopped Lettuce, Shredded Parm Cheese, Tossed with Caesar Dressing, in a Spinach Tortilla) With Traditional Pasta Salad (DF) - Or - Pair with Soup: <i>Optional</i> Healthy Choice: Cottage Cheese (if available) (GF) Applesauce (GF/DF) Yogurt (GF)	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) Onion Rings (DF) + (Ketchup Automatic) Pickle Cookie +	Grilled Steaks (GF/DF) Baked Potato (GF/DF) Honey Roasted Fresh Carrots (GF/DF) Chef's Choice Dessert Strawberry Smoothie (Contains dairy/yogurt) (Alternative for Special Diets)	BBQ Glazed Pork Chops (GF/DF) With Mashed Potatoes (GF) + Sautéed Fresh Asparagus (GF/DF) Cookie +	Alfredo Tortellini Pasta, Bowl With Shrimp and Sausage + (A Hearty Serving of Cheese Tortellini Pasta, in a Creamy Alfredo Sauce With Baby Shrimp and Sausage) (No Shrimp For Allergy Diets) Side Caesar Salad (Optional) + - Or Soup - Garlic Bread + Coffee Cake + (Alternative for Special Diets)	Cheese Burger Delux + (With Lettuce, Tomato, Chopped Onion And American Cheese) (GF with No Bun)(GF Bun Available) (DF with no Cheese) With French Fries (DF) + (Side Ketchup, Mustard, Mayo automatic) Bread & Butter Pickle Chips (GF) Cookie +
WEEKLY LUNCH SPECIAL (#2) : Tripple Cheese Grilled Cheese (A Grilled Cheese with Swiss, American, and Mozzarella Cheese on Texas Toast) with Tomato Soup (Optional) (Chips if soup is not selected) Option #3: 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 Comes With Daily Bread Option when Offered - Pair With Soup Combo Optional -							
Dinner	Chicken Cordon Bleu + (Breaded Chicken Stuffed With Ham and Cheese) with Fresh Broccoli (GF/DF) Garlic Cheddar Biscuit + (with Butter) Assorted Desserts (Alternative for Special Diets)	French Onion Meatloaf (GF/DF) (Topped with Gravy) Smashed Red Potatoes (GF/DF) Cali-Blend Veggies (GF/DF) (Cauliflower, Carrots, Broccoli) Scooped Ice Cream + (Alternative for Special Diets)	Roasted Turkey Stroganoff + (Fresh Roasted Turkey with a creamy stroganoff Sauce and Mushrooms) Over Egg Noodles + Roasted Fresh Brussels Sprouts (GF/DF) Fresh Baked Dinner Roll + (Butter) Frosted Banana Cake (Alternative for Special Diets)	Ratatouille with Sausage Bowl (GF/DF) Over White Rice (GF/DF) (A stewed blend of Vegetables, including Zucchini, Squash, Eggplant, and Diced Tomatoes) With Buttered French Baguette Bread (Sliced Bread Served Semi Warm and Buttered) (GF Bread Available for Special Diets) Cherry Cobbler A La Mode (Alternative for Special Diets)	Egg Salad Sandwich on Wheat (DF) (Over Lettuce Leaf) (Option No Bread) With + Traditional Pasta Salad (DF) + - Or - Pair with Soup: <i>Optional</i> Oreo Dessert Cups (Alternative for Special Diets)	Cornmeal Baked Catfish (GF) + (With Tartar Sauce) Hush Puppies + With Creamed Spinach (GF) + Key Lime Pie (Alternative for Special Diets)	Chicken Tender + (2 or 3) With Cole Slaw (GF/DF) Baked Beans (GF/DF) Mini Cornbread Muffin (GF) (Butter) Fruit and Yogurt Parfait + (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 Comes With Daily Bread Option when Offered - Pair With Soup Combo <i>Optional</i> -							
SOUP OF THE WEEK: Campbell's Tomato Soup (DF) (With Oyster Crackers) 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.

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