

## Distinctive Dining Sample Menu

**Daily Continental Breakfast** – Includes a Variety of Hot and Cold Cereals, Fruit, a Variety of Breads for Toasting with Jams, Butter and Peanut Butter and a Variety of Juices, Milk and Coffee

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### MONDAY

**Lunch** – All-American Roast Beef with Brown Gravy served with Mashed Potatoes and Buttered Sweet Corn, or

♥ Heart Healthy: Roast Turkey Sandwich served with a Variety of Fresh Garden Vegetables and Lite Ranch Dressing

Dessert: Vanilla Ice Cream with Fresh Strawberries

**Dinner** – Chicken and Spinach Alfredo Pizza served with Garden Salad and Fresh Melon

Dessert: Fresh Baked Chocolate Chip Cookies

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### TUESDAY

**Lunch** – Country Pork Ribs in Sauerkraut served with Butter Spitzel Dumplings and Cinnamon Applesauce, or

♥ Heart Healthy: Chicken Fajita Salad with Choice of Low Fat Dressing and Warm Breadstick

Dessert: Andes Mint Pie

**Dinner** – Traditional Tomato Soup and Grilled Cheese Sandwich with Tomato and Bacon served with Fresh Fruit or

Dessert: Old Fashioned Seven Layer Bar

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### WEDNESDAY

**Lunch** – Baked Cornish Game Hen served with Wild Rice Dressing, Brown Sugar Squash and Cranberry Sauce, or

♥ Heart Healthy: Chef's Select Garden Burger on a Toasted Bun Served with Seasonal Fresh Fruit

Dessert: Pumpkin Cheesecake with Pecan Caramel Sauce

**Dinner** – Fiesta Taco Salad served with Salsa, Sour Cream, Tortilla Chips and Spanish Rice

Dessert: Ice Cream

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### THURSDAY

**Lunch** – Homemade Lasagna with Meat Sauce served with Seasoned Italian Green Beans, or

♥ Heart Healthy: Garden Fresh Chef's Salad with Your Choice of Low Fat Dressing and Warm Breadstick

Dessert: Fresh Baked Brownie with Ice Cream and Fudge Topping

**Dinner** – Homemade Potato & Ham Chowder and Half Deli Sandwich served on a Croissant with Fresh Fruit

Dessert: Strawberry Jello and Banana Parfait

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### FRIDAY

**Lunch** – Butterfly Shrimp served with Cocktail Sauce, Baked Potato with Sour Cream and Creamy Coleslaw, or

♥ Heart Healthy: Roasted Chicken Salad and Seasonal Fresh Fruit Plate Served with Whole Wheat Crackers




Dessert: Lemon Chiffon Cake

**Dinner** – Grilled Chicken Breast Sandwich with Lettuce, Tomato and Mayo

Served with Bacon, Broccoli, Cauliflower salad and Fresh Fruit

Dessert: New York Style Cheesecake with Fruit Topping

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