

SELECT SENIOR LIVING DINING MENU

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Continental Breakfast includes- Hard Boiled Eggs, White or Wheat Toast w/ Peanut Butter & Jelly, Bagels w/ Cream Cheese, English Muffins, Raisin Toast, Pop tarts, Apples, Oranges, Bananas, Yogurt, Cold Cereal and Oatmeal	Hot Breakfast includes- Eggs cooked to order, pancakes, French toast, bacon, sausage, potatoes, fruit and white or wheat toast	All meals served with your choice of beverages- Coffee, cappuccino, hot chocolate, juice, iced tea, hot tea & milk	Lunch and Dinner served with your choice of- Soup of the day, salad or fruit cup and dessert		<u>Continental Breakfast</u> 1 <u>Noon</u> Baked Salmon w/ Hollandaise Wild Rice Pilaf Roasted Brussel Sprouts <u>Evening</u> Cheeseburger Lettuce, Tomato, Onion, Pickle Steak Fries	<u>Continental Breakfast</u> 2 <u>Noon</u> Swedish Meatballs Curly Egg Noodles Corn <u>Evening</u> Turkey & Swiss Sandwich w/ Lettuce & Tomato Fluffy Fruit Salad
<u>Continental Breakfast</u> 3 <u>Noon</u> Roast Turkey Stuffing w/ Gravy Green Beans <u>Evening</u> Egg Salad Sandwich w/ Leaf Lettuce Cucumber & Tomato Salad	<u>Continental Breakfast</u> 4 <u>Noon</u> BBQ Beef Brisket Roasted Potato Baked Beans <u>Evening</u> Corn Dog or Chicken Wings Cheese Curds, Onion Rings & Deep Fried Green Beans	<u>Continental Breakfast</u> 5 <u>Noon</u> Pork Chops Mashed Potato & Gravy Broccoli <u>Evening</u> Beef Stew Buttermilk Biscuit	<u>Continental Breakfast</u> 6 <u>Noon</u> Teriyaki Chicken Pineapple Fried Rice Egg Roll <u>Evening</u> Sloppy Joes Ranch Potato Wedges	<u>Continental Breakfast</u> 7 <u>Noon</u> Gyros Greek Salad <u>Evening</u> Sausage & Pepperoni Pizza Tossed Salad	<u>Continental Breakfast</u> 8 <u>Noon</u> Seafood Pasta Salad Grilled Naan Bread Mango Slices <u>Evening</u> Crispy Chicken Sandwich w/ Lettuce, Tomato, Pickle Coleslaw	<u>Continental Breakfast</u> 9 <u>Noon</u> Salisbury Steak Mashed Potatoes & Gravy Peas <u>Evening</u> Chicken Bacon Ranch Wrap Waldorf Salad
<u>Continental Breakfast</u> 10 <u>Noon</u> Crispy Baked Chicken Baked Potato w/ Sour Cream Corn <u>Evening</u> Italian Sub Italian Tossed Salad	<u>Continental Breakfast</u> 12 <u>Noon</u> Spaghetti & Meatballs Italian Blend Vegetable Garlic Toast <u>Evening</u> Waffles w/ Berry Topping Bacon Scrambled Eggs	<u>Continental Breakfast</u> 13 <u>Noon</u> Beef Stroganoff Egg Noodles Glazed Carrots <u>Evening</u> Tomato Soup Grilled Cheese Sandwich Sliced Melon	<u>Hot Breakfast</u> 14 <u>Noon</u> Orange Chicken White Rice Stir Fry Vegetable <u>Evening</u> BBQ Pulled Pork Sandwich Pickles Pineapple Slaw	<u>Continental Breakfast</u> 15 <u>Noon</u> Strawberry Spinach Salad w/ Grilled Chicken Stuffed Breadstick w/ Marinara <u>Evening</u> Mock Chow Mein Hotdish Crispy Noodles Oriental Blend Vegetable	<u>Continental Breakfast</u> 16 <u>Noon</u> Car Show <u>Evening</u> Rodeo Burger Ranch Potato Wedges	<u>Continental Breakfast</u> 17 <u>Noon</u> Country Fried Steak & Gravy Mashed Potato California Blend Vegetable <u>Evening</u> Grilled Chicken Caesar Wrap Watermelon
<u>Continental Breakfast</u> 17 <u>Noon</u> Baked Ham Au Gratin Potato Asparagus <u>Evening</u> Cranberry Chicken Salad on Leaf Lettuce Ambrosia Salad	<u>Continental Breakfast</u> 18 <u>Noon</u> White Chicken Lasagna Garlic Toast Italian Roasted Zucchini <u>Evening</u> Denver Egg Bake Blueberry Muffin Fruit Cup	<u>Continental Breakfast</u> 19 <u>Noon</u> Country Style Ribs w/ Sauerkraut Boiled Potatoes Baby Carrots <u>Evening</u> Chili Cornbread	<u>Continental Breakfast</u> 20 <u>Noon</u> Bourbon Grilled Chicken Vegetable Lo Mein Potsickers <u>Evening</u> BLT Potato Salad	<u>Continental Breakfast</u> 21 <u>Noon</u> Open Face Hot Beef Sandwich Mashed Potatoes & Gravy Peas & Carrots <u>Evening</u> Chicken Tenders Sweet Potato Puffs Brown Sugar Peaches	<u>Continental Breakfast</u> 22 <u>Noon</u> Coconut Shrimp w/ Mango Salsa Hawaiian Fried Rice Whipped Fruit Salad <u>Evening</u> Turkey Burger On a Bun w/ Lettuce, Tomato, Onion & Pickle Pickled Beets	<u>Continental Breakfast</u> 23 <u>Noon</u> Meatloaf Mashed Potato & Gravy Green Beans <u>Evening</u> Ham & Swiss Pretzel Melt Potato Wedges
<u>Continental Breakfast</u> 24 <u>Noon</u> Chicken Cordon Blue Scalloped Potato Broccoli <u>Evening</u> Tuna Salad Sandwich w/ Leaf Lettuce Fresh Melon	<u>Continental Breakfast</u> 25 <u>Noon</u> Chicken Parmesan over Penne Marinara Corn <u>Evening</u> French Toast Sausage Links Mandarin Oranges	<u>Continental Breakfast</u> 26 <u>Noon</u> Pork Steaks w/ Gravy Roasted Yukon Potato Cauliflower & Romanesco <u>Evening</u> Beef Barley Soup Tomato Sandwich	<u>Hot Breakfast</u> 27 <u>Noon</u> Sweet N Sour Chicken White Rice Vegetable Egg Roll <u>Evening</u> French Dip & Swiss w/ Au Jus Steak Fries	<u>Continental Breakfast</u> 28 <u>Noon</u> Loaded Baked Potato w/ Chili, Cheese, Onion, Sour Cream, Broccoli & Queso Fruit Cup <u>Evening</u> Tuna Hotdish Dinner Roll	<u>Continental Breakfast</u> 29 <u>Noon</u> Beer Battered Cod Hushpuppies Coleslaw <u>Evening</u> Patty Melt Tator Tots	<u>Continental Breakfast</u> 30 <u>Noon</u> Shepherd's Pie Hawaiian Sweet Roll <u>Evening</u> Cubano Sandwich Million Dollar Fruit Salad