

SELECT SENIOR LIVING DINING MENU

November 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 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>Lunch</u> Spaghetti & Meat sauce Tossed Salad Garlic Breadstick <u>Supper</u> Open Face Tuna Melt Pickle Chips Whipped Orange Salad	<u>Continental Breakfast</u> 2 National Deviled Egg Day Breaded Pork Cutlet w/ Gravy Mashed Potato Peas <u>Supper</u> BBQ Beef on a Bun Deviled Egg Potato Salad Coleslaw	<u>Continental Breakfast</u> 3 <u>Lunch</u> Beer Battered Shrimp Asian Slaw Mandarin Oranges <u>Supper</u> California Burger Sweet Potato Tots	<u>Continental Breakfast</u> 4 <u>Lunch</u> Open Face Hot Beef Mashed Potato Green Beans <u>Supper</u> Turkey Bacon Ranch Wrap Fluffy Fruit Salad
<u>Continental Breakfast</u> 5 <u>Lunch</u> Baked Ham Au gratin Potato Asparagus <u>Supper</u> Chicken & Shrimp Gumbo Hushpuppies	<u>Continental Breakfast</u> 6 <u>Lunch</u> Beef Stroganoff on Egg Noodles Hubbard Squash <u>Supper</u> Eggs Benedict Sliced Mango	<u>Continental Breakfast</u> 7 <u>Lunch</u> Sweet n Sour Chicken White Rice Stir Fry Vegetable <u>Supper</u> Goulash Roasted Sweet Corn	<u>Continental Breakfast</u> 8 <u>Lunch</u> Garlic Shrimp Fettuccine Alfredo Steamed Broccoli <u>Supper</u> Ham Salad Sandwich Carrot Raisin Salad	<u>Continental Breakfast</u> 9 National Greek Yogurt Day Gyro w/ Tzatziki Falafel <u>Supper</u> Greek Yogurt Parfaits Blueberry Muffin Scrambled Eggs w/ Cheese	<u>Continental Breakfast</u> 10 <u>Lunch</u> Baked Salmon w/ Dill Sauce Roasted Fingerling Potato Asparagus <u>Supper</u> Grilled Chicken on a Bun Baked Beans	<u>Continental Breakfast</u> 11 <u>Lunch</u> Corned Beef & Cabbage Boiled Red Potatoes Baby Carrots <u>Supper</u> Hot Ham & Cheese on a Bun Pickled Beets
<u>Continental Breakfast</u> 12 <u>Lunch</u> Baked Chicken Sweet Potato Mash Roasted Vegetable <u>Supper</u> Kielbasa Sausage Macaroni & Cheese	<u>Continental Breakfast</u> 13 <u>Lunch</u> Beef Brisket Baked Potato w/ Sour Cream Corn <u>Supper</u> Biscuits & Sausage Gravy Scrambled Eggs	<u>Continental Breakfast</u> 14 <u>Lunch</u> Tempura Shrimp w/ Sauce Fried Rice Vegetable Egg Roll <u>Supper</u> Turkey Tetrazzini Roasted Root Vegetable	<u>Hot Breakfast</u> 15 <u>Lunch</u> Lasagna Caesar Salad Garlic Toast <u>Supper</u> BBQ Riblet on a Bun Pineapple Slaw	<u>Continental Breakfast</u> 16 National Fast-Food Day "Kentucky" Fried Chicken Macaroni and Cheese Buttermilk Biscuit w/ Honey <u>Supper</u> Beef & Cheddar on Onion Bun Curly Fries	<u>Continental Breakfast</u> 17 <u>Lunch</u> Shrimp & Grits Grilled Zucchini & Yellow Squash <u>Supper</u> Bacon Cheeseburger Steak Fries	<u>Continental Breakfast</u> 18 <u>Lunch</u> Beef Stew Buttermilk Biscuit <u>Supper</u> Chicken Caesar Wrap Waldorf Salad
<u>Continental Breakfast</u> 19 <u>Lunch</u> Applewood Smoked Pork Loin Cinnamon Applesauce Root Vegetable Medley <u>Supper</u> Chicken Wild Rice Soup Garlic Breadstick	<u>Continental Breakfast</u> 20 <u>Lunch</u> Pot Roast Mashed Potato & Gravy Baby Carrots <u>Supper</u> Sausage, Egg & Cheese Croissant Fresh Fruit Cup	<u>Continental Breakfast</u> 21 <u>Lunch</u> Sweet n Soy Pork Vegetable Lo Mein Cream Cheese Wontons <u>Supper</u> Tuna Hotdish Pineapple Chunks	<u>Continental Breakfast</u> 22 <u>Lunch</u> Pesto Chicken on Tricolored Cheese Tortellini w/Mushroom Cream Sauce <u>Supper</u> Sloppy Joe on a Bun Potato Wedges	<u>Continental Breakfast</u> 23 Thanksgiving Roast Turkey & Stuffing Mashed Potato & Gravy Green Bean Casserole Dinner Roll & Cranberries <u>Supper</u> Bagged Supper	<u>Continental Breakfast</u> 24 <u>Lunch</u> Beer Battered Walleye Lemon & Tartar sauce Ranch Potato Wedges <u>Supper</u> Turkey Burger on a Bun Onion Rings	<u>Continental Breakfast</u> 25 <u>Lunch</u> Pork Belly Cowboy Beans Corn Bread <u>Supper</u> Taco Salad Sour Cream & Salsa Tortilla Strips
<u>Continental Breakfast</u> 26 <u>Lunch</u> Chicken Cordon Blue Rice Pilaf Roasted Brussel Sprouts <u>Supper</u> Bratwurst on a Bun Sauerkraut Golden Roasted Potato	<u>Continental Breakfast</u> 27 <u>Lunch</u> Country Fried Steak & Gravy Mashed Potato Mixed Vegetable <u>Supper</u> Waffles w/ Berry Topping Sausage Links Cottage Cheese & Peaches	<u>Continental Breakfast</u> 28 <u>Lunch</u> Chicken & Broccoli Rice Potstickers w/ Sauce <u>Supper</u> Tator Tot Hotdish Tossed Salad	<u>Continental Breakfast</u> 29 <u>Lunch</u> Stuffed Manicotti w/ Marinara Italian Tossed Salad Stuffed Breadstick <u>Supper</u> Seafood Salad on a Croissant Tomato & Cucumber Salad	<u>Continental Breakfast</u> 30 National Mousse Day Hamburger Gravy on Mashed Potatoes Honey Glazed Carrots Salted Caramel Mousse <u>Supper</u> Chicken Tenders Sweet Potato Fries Honey Mustard Chocolate Layered Mousse		