



ASSISTED LIVING WEEKLY MENU

JAN 28 - FEB 3 2024

Week 1

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

BREAKFAST	LUNCH	DINNER
Waffles & Bacon Fresh Danish Assorted Fruit	Chicken Dumpling Soup Beef & Cheddar Croissant OR Sausage & Egg Burrito Berry Parfait Chocolate Chip Cookie	Turkey & Cheese Pinwheels Roasted Pork Loin w/gravy OR Roasted Chicken Warm German Potato Salad & Orange Glazed Carrots Chef's Choice Dessert
Ham & Egg Sandwich Fresh Danish Assorted Fruit	Split Pea & Ham Soup English Muffin Pizza OR Tuna Salad Plate American Fried Potatoes & Peas & Carrots Vanilla Pudding	Tossed Garden Salad Roast Beef w/gravy OR Honey Glazed Ham Mashed Potatoes w/gravy & Buttered Corn Strawberry Pound Cake
Cream of Wheat Fresh Danish Assorted Fruit	Beef & Rice Soup House Salad w/ Grilled Chicken or Shrimp Tropical Fruit Jell-o Cup	Soup Homemade Lasagna OR Chicken Cordon Bleu Garlic Bread & Roasted Zucchini Butterfinger Torte
Scrambled Eggs w/Cheese Fresh Danish Assorted Fruit	Gumbo Grilled Chicken Caprese Salad OR Pepperoni Pizza Side Salad Fudge Bar	Stuffed Cucumber Boat Chicken Diane OR Herb Roasted Salmon Carrot Blend & Rice Pilaf Chocolate Chip Cheesecake
Oatmeal Fresh Danish Assorted Fruit	Chicken Noodle Soup Cheese Burger OR Shredded Chicken Sliders French Fries & Roasted Corn Blend Oatmeal Raisin Cookies	Soup Roasted Turkey w/gravy OR Homemade Crab Cakes Au Gratin Potatoes & Green Beans w/Tomatoes Spice Cake
French Toast & Sausage Fresh Danish Assorted Fruit	Cream of Potato Soup Chicken Tenders OR Grilled Hot Dog Classic Potato Salad & Lemon Butter Mixed Vegetables Sundae Cone	Mixed Green Salad Grilled Chop Steak w/gravy OR Baked Cod Bites Parsley Buttered Potatoes & Chef's Choice Vegetables Chef's Choice Dessert
Oatmeal Fresh Danish Assorted Fruit	Tomato Soup Grilled Cheese OR Veggie Burger Potato Wedges & Beets Sugar Cookies	Triple Orange Gelatin Swedish Meatballs OR Parmesan Crusted Pork Chop Buttered Pasta & Scandinavian Blend Vegetables Yellow Cake



INDEPENDENT WEEKLY MENU

JAN 28 - FEB 3 2024

Week 1

	LUNCH	DINNER
SUNDAY	<p>Chicken Dumpling Soup Beef & Cheddar Croissant OR Sausage & Egg Burrito Berry Parfait Dessert of the Day</p>	<p>Turkey & Cheese Pinwheels Roasted Pork Loin w/gravy OR Roasted Chicken Warm German Potato Salad & Orange Glazed Carrots Chef's Choice Dessert</p>
MONDAY	<p>Split Pea & Ham Soup English Muffin Pizza OR Tuna Salad Plate American Fried Potatoes & Peas&Carrots Dessert of the Day</p>	<p>Tossed Garden Salad Roast Beef w/gravy OR Honey Glazed Ham Mashed Potatoes w/gravy & Buttered Corn Strawberry Pound Cake</p>
TUESDAY	<p>Beef & Rice Soup House Salad w/ Grilled Chicken or Shrimp Tropical Fruit Dessert of the Day</p>	<p>Soup Homemade Lasagna OR Chicken Cordon Bleu Garlic Bread & Roasted Zucchini Butterfinger Torte</p>
WEDNESDAY	<p>Gumbo Grilled Chicken Caprese Sandwich OR Pepperoni Pizza Side Salad Dessert of the Day</p>	<p>Stuffed Cucumber Boat Chicken Diane OR Herb Roasted Salmon Carrot Blend & Rice Pilaf Chocolate Chip Cheesecake</p>
THURSDAY	<p>Chicken Noodle Soup Cheese Burger OR Shredded Chicken Sliders French Fries & Roasted Corn Blend Dessert of the Day</p>	<p>Soup Roasted Turkey w/gravy OR Homemade Crab Cakes Au Gratin Potatoes & Green Beans w/Tomatoes Spice Cake</p>
FRIDAY	<p>Cream of Potato Soup Chicken Tenders OR Grilled Hot Dog Classic Potato Salad & Lemon Butter Mixed Vegetables Dessert of the Day</p>	<p>Soup or Salad Breaded Cod Bites OR Breaded Shrimp OR Grilled Salmon OR Chop Steak w/Gravy French Fries OR Potato Pancakes OR Baked Potato Chef's Choice Veg. & Dessert</p>
SATURDAY	<p>Tomato Soup Grilled Cheese OR Veggie Burger Potato Wedges & Beets Dessert of the Day</p>	<p>Triple Orange Gelatin Swedish Meatballs OR Parmesan Crusted Pork Chop Buttered Pasta & Scandinavian Blend Vegetables Yellow Cake</p>



ASSISTED LIVING WEEKLY MENU

FEBRUARY 4-10 2024

Week 2

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

BREAKFAST	LUNCH	DINNER
Cheese Omelet w/ Bacon Fresh Danish Assorted Fruit	Vegetable Soup Hot Ham on a Roll Tater Tots & Lima Beans Tapioca Pudding	Tossed Salad Homemade Beef Stew OR BBQ Chicken Leg Roasted Zucchini & Cheddar Biscuit Chef's Choice Dessert
Cinnamon Sugar Oatmeal Fresh Danish Assorted Fruit	Ham, White Bean & Cabbage Soup Italian Beef Sandwich w/ Giardiniera OR Grilled Brat O'Brien Potatoes & Sauteed Broccoli Swirl Ice Cream	Strawberries & Cream Jell-O Pan Fried Tilapia OR Roasted Pork Loin w/ Apple Compote Italian Blend Vegetables & Mashed Sweet Potatoes Fruit Ambrosia
Scrambled Eggs Fresh Danish Assorted Fruit	Italian Wedding Soup Steak Quesadilla OR Fish & Chips Seasoned Peas Chocolate Chip Cookies	Mixed Green Salad Hunter's Beef Tips w/ Pasta OR Chicken Parmesan w/ Pasta Wax Beans Apple Crisp a la Mode
Oatmeal Fresh Danish Assorted Fruit	Chicken Noodle Soup Grilled Patty Melt OR Shrimp Skewer Pan Fried Potatoes & Brussel Sprouts Fudge Bar	Soup Tuscan Chicken over Pasta OR Homemade Pizza Lasagna w/ Breadstick Buttered Baby Carrots Brownies
Cream of Wheat Fresh Danish Assorted Fruit	Twice Baked Potato Soup Open Faced Turkey Sandwich w/ Mashed Potatoes OR Fruit Plate w/ Honey Yogurt Vegetable Blend Peanut Butter Cookies	Cheese Curds w/ Marinara Grilled Ham w/ Pineapple OR Crab Stuffed Flounder Roasted Potatoes & Baked Acorn Squash Chef's Choice Dessert
Egg & Sausage Sandwich Fresh Danish Assorted Fruit	Yogurt w/ Berries Buttermilk Pancakes OR Cheese Omelet Bacon & Hash Brown Patty Sundae Cone	Stuffed Pepper Soup Chicken Kiev OR Fried Shrimp Baked Potato & Fresh Steamed Broccoli Chef's Choice Dessert
Cream of Wheat & Hard Boiled Egg Fresh Danish Assorted Fruit	Lentil & Vegetable Soup Loaded Chili over Pasta OR Classic Cobb Salad Corn Chips & Fresh Veggies w/ Dip Vanilla Pudding	Tossed Salad Smothered Pork Chop w/ Roasted Potatoes OR Shepard's Pie Green Beans Chocolate Cake



INDEPENDENT WEEKLY MENU

FEBRUARY 4-10 2024

Week 2

	LUNCH	DINNER
SUNDAY	Vegetable Soup Hot Ham on a Roll Lima Beans & Tator Tots Dessert of the Day	Soup or Tossed Salad Homemade Beef Stew OR BBQ Chicken Legs Roasted Zucchini Chef's Choice Dessert
MONDAY	Ham, White Bean & Cabbage Soup Italian Beef Sandwich w/ Giardiniera OR Grilled Brat O'Brien Potatoes & Sauteed Broccoli Dessert of the Day	Soup or Tossed Salad Pan Fried Tilapia OR Roasted Pork Loin w/ Apple Compote Mashed Sweet Potatoes & Italian Blend Vegetables Fruit Ambrosia
TUESDAY	Italian Wedding Soup Steak Quesadilla OR Fish & Chips Seasoned Peas Dessert of the Day	Soup or Tossed Salad Hunter's Beef Tips w/ Pasta OR Chicken Parmesan w/ Pasta Wax Beans Apple Crisp a la Mode
WEDNESDAY	Chicken Noodle Soup Grilled Patty Melt OR Shrimp Skewer Pan Fried Potatoes & Brussel Sprouts Dessert of the Day	Soup or Tossed Salad Tuscan Chicken over Pasta OR Homemade Pizza Lasagna w/ Breadstick Buttered Baby Carrots Brownie
THURSDAY	Twice Baked Potato Soup Open Faced Turkey Sandwich w/ Mashed Potatoes OR Fruit Plate w/ Honey Yogurt Vegetable Blend Dessert of the Day	Soup or Tossed Salad Grilled Ham w/ Pineapple OR Crab Stuffed Flounder Roasted Potatoes & Baked Butternut Squash Chef's Choice Dessert
FRIDAY	Yogurt w/ Berries Buttermilk Pancakes OR Cheese Omelet Bacon & Hash Brown Patty Dessert of the Day	Soup or Salad Breaded Cod Bites OR Breaded Shrimp OR Grilled Salmon OR Chicken Kiev & French Fries OR Potato Pancakes OR Baked Potato Chef's Choice Veg. & Dessert
SATURDAY	Lentil & Vegetable Soup Loaded Chili over Pasta OR Classic Cobb Salad Corn Chips & Fresh Veggies w/ Dip Dessert of the Day	Soup or Tossed Salad Smothered Pork Chop w/ Roasted Potatoes OR Shepard's Pie Green Beans Chocolate Cake