



Independent Living Dining Room Service Hours

Lunch: 11:30am – 12:30pm

Dinner: 4:30pm – 6:00pm

	LUNCH	DINNER
S U N D A Y	<p><u>Fresh Spinach Salad</u></p> <ul style="list-style-type: none"> • *Baked Chicken (L) • Swiss Steak <p>Seasoned Brussel Sprouts Mixed Vegetables Baked Potatoes Mashed Baby Red Potatoes and Gravy Pumpkin Pie</p> <p><i>Alternate- Turkey Sandwich or Steamed Chicken Breast</i></p>	<p><u>Minestrone Soup</u></p> <ul style="list-style-type: none"> • Deli Beef and Swiss on Rye Bread • Baked Tuna Casserole <p>Steamed Corn Baked Bread Stick Tator Tots Jello with Whipped Topping</p> <p><i>Alternate- Turkey Sandwich or Steamed Chicken Breast</i></p>
M O N D A Y	<p><u>Cream of Potato and Leek Soup</u></p> <ul style="list-style-type: none"> • Grilled Polish Sausage with Sauerkraut on a Bun • Southwestern Chicken Casserole <p>Steamed Asparagus Cuts Seasoned Fresh Yellow Squash Corn Chips Snickerdoodle Cookies</p> <p><i>Alternate- Egg Salad Sandwich or Steamed Chicken Breast</i></p>	<p><u>Spinach Deviled Eggs</u></p> <ul style="list-style-type: none"> • Beef Stew with a Biscuit • Pan Seared Lemon Pepper Sole (L) <p>Steamed Cauliflower Seasoned Beets Mashed Potatoes and Gravy American Fried Potatoes Black Forest Sundae</p> <p><i>Alternate - Egg Salad Sandwich or Steamed Chicken Breast</i></p>
T U E S D A Y	<p><u>Beef Barley Soup</u></p> <ul style="list-style-type: none"> • Spaghetti & Meat Sauce w. Garlic Bread • *Grilled Patty Melt <p>Seasoned Green Beans Cucumber Slices Sweet Potato French Fries Carrot Cake</p> <p><i>Alternate—Chicken Salad Sandwich or Steamed Chicken Breast</i></p>	<p><u>Under the Sea Gelatin</u></p> <ul style="list-style-type: none"> • Pot Pie Casserole (L) • *Baked Breaded Pork Chop (L) <p>Broccoli Spears Steamed Carrot Coins Hash Browns Au Gratin Potatoes Coconut Cream Pie</p> <p><i>Alternate—Chicken Salad Sandwich or Steamed Chicken Breast</i></p>

W E D N E S D A Y	<u>Mild Chili</u> <ul style="list-style-type: none"> • *Chef's Salad with a Dinner Roll • Grilled Hot Dog on a Bun Steamed Corn Seasoned Lima Beans Potato Salad Apple Pie <i>Alternate-Bologna Sandwich or Steamed Chicken Breast</i>	<u>Cucumber Salad</u> <ul style="list-style-type: none"> • Baked Ham (L) • Chicken and Dumplings Sweet and Sour Red Cabbage Steamed Cauliflower Mashed Potatoes and Gravy Baked Fresh Sweet Potatoes Lemon Bars <i>Alternate-Bologna Sandwich or Steamed Chicken Breast</i>
T H U R S D A Y	<u>French Onion Soup</u> <ul style="list-style-type: none"> • Chilled Taco Salad • Turkey, Bacon, and Swiss Croissant Steamed Spinach Seasoned Peas Potato Chips Cheesecake <i>Alternate- Ham Sandwich or Steamed Chicken Breast</i>	<u>Tossed Salad</u> <ul style="list-style-type: none"> • *BBQ Pork Ribs (L) • Swedish Meatballs over Noodles Brussel Sprouts Corn on the Cob Baked Chuckwagon Beans Oven Brownd Potatoes Cookies and Cream Fluff <i>Alternate-Ham Sandwich or Steamed Chicken Breast</i>
F R I D A Y	<u>Creamy Coleslaw</u> <ul style="list-style-type: none"> • *Mixed Green Salad with Mandarin Oranges and Chicken (L) • Fried Fish Sandwich Fresh Tomato Slices Broccoli Polonaise French Fries Ice Cream Bar <i>Alternate-Peanut Butter & Jelly Sandwich or Steamed Chicken Breast</i>	<u>Peaches with Cottage Cheese</u> <ul style="list-style-type: none"> • Turkey Tetraxini • *Cod Scampi (L) California Vegetable Blend Steamed Seasoned Corn Parsley New Potatoes Potato Pancakes Jell-O Cake <i>Alternate-Peanut Butter & Jelly Sandwich or Steamed Chicken Breast</i>
S A T U R D A Y	<u>Chicken Noodle Soup</u> <ul style="list-style-type: none"> • Chilled Asian Style Roast Pork Sandwich • *Macaroni and Beef with Tomato Casserole (L) Steamed Wax Beans Seasoned Succotash Garlic Bread American Fried Potatoes Iced Brownie <i>Alternate- Salami Sandwich or Steamed Chicken Breast</i>	<u>Cranberry Gelatin</u> <ul style="list-style-type: none"> • Chicken Chop Suey (L) • Breaded Veal Patty w. Mushroom Glaze Broiled Tomato Half Apricot Glazed Carrots Rice Mashed Potatoes and Gravy Vanilla Pudding <i>Alternate- Salami Sandwich or Steamed Chicken Breast</i>

* Indicates low sodium item (L) indicates Lactose free item
 Alternate cheese sandwich is available at every meal.