

| <b>Item</b>                           | <b>Sunday</b>   | <b>Monday</b>                         | <b>Tuesday</b>                           | <b>Wednesday</b>                                      | <b>Thursday</b>                                       | <b>Friday</b>                           | <b>Saturday</b>   |
|---------------------------------------|---|---------------------------------------|--|---|---|---|---|
| <b>Soup</b>                           | Chicken Tortilla<br>OR Minestrone   | Chicken Tortilla<br>OR Lobster Bisque | Chicken Tortilla<br>OR Cream of Broccoli | Chicken Tortilla<br>OR Tomato Basil                   | Bean and Ham<br>OR Cream of Asparagus                 | Bean and Ham<br>OR Broccoli and Cheddar | Bean and Ham OR<br>Chef's Choice                              |
| <b>Salad</b>                          | Pasta Salad OR<br>Tossed Salad  | Cobb Salad OR<br>Tossed Salad         | Summer Corn Salad<br>OR Tossed Salad     | Romaine with Tomato<br>Bacon Salad OR<br>Tossed Salad | Mix Green with<br>strawberry Salad OR<br>Tossed Salad | Caesar Salad OR<br>Tossed Salad         | Asparagus with<br>Hard Boiled Egg<br>Salad OR Tossed<br>Salad |
| <b>Seasonal</b>                       | Vegetable Plate OR<br>Fruit Cup   | Vegetable Plate OR<br>Fruit Cup       | Vegetable Plate OR<br>Fruit Cup          | Vegetable Plate OR<br>Fruit Cup                       | Vegetable Plate OR<br>Fruit Cup                       | Vegetable Plate OR<br>Fruit Cup         | Vegetable Plate OR<br>Fruit Cup                               |
| <b>Main Entrée</b>                    | Chicken Francese  | Shrimp Alfredo                        | Fried Chicken                            | Pesto chicken pasta                                   | Italian Pork Chop                                     | Steak Diane                             | Lemon Crusted<br>Grouper                                      |
| <b>Vegetarian Entrée</b>              | Veggie Chicken<br>Quesadilla  | Vegetarian Stuffed<br>Meatloaf        | Mushroom Nut Roast                       | Eggplant Lasagna                                      | Black Bean Sloppy Joe                                 | Green Bean Casserole                    | Feta Risotto Pasta  |
| <b>Heart Healthy Entrée</b>           | Fish, Steak or Chicken  | Fish, Steak or Chicken                | Fish, Steak or Chicken                   | Fish, Steak or Chicken                                | Fish, Steak or Chicken                                | Fish, Steak or Chicken                  | Fish, Steak or<br>Chicken                                     |
| <b>½ Sandwich</b>                     | Fried Fish  | Roast Beef with<br>Horseradish Mayo   | Club House                               | Turkey and Swiss                                      | Chili Dog   | Chicken Philly with<br>Onion            | Rueben  |
| <b>Vegetable: Choice of</b>           | Mixed Vegetable OR<br>Roasted Peppers   | Peas and Carrots OR<br>Spinach        | Coleslaw OR Sautéed<br>Squash            | Okra OR Parmesan<br>Tomatoes                          | Asparagus OR<br>Brussel Sprouts                       | Broccoli OR Creamed<br>Carrot           | Sautéed Vegetable<br>OR Roasted Tomato                        |
| <b>Potato: Choice of</b>              | Linguine OR Garlic<br>Mashed Potato   | Bowtie Pasta<br>OR Garlic Bread       | Roasted Potatoes OR<br>White Rice        | Boiled Potato OR<br>Quinoa                            | Sweet Potato Fries<br>OR Cheesy Mashed<br>Potatoes    | Brown Rice OR<br>Potato Pancakes        | Au Gratin Potatoes<br>OR Hush Puppies                         |
| <b>Dessert</b>                        | <b>Weekly Dessert Choices:</b><br>Apple Pie OR Lemon Cake OR Dulce De Leche Cheesecake OR Chocolate Crème Pie OR Strawberry Shortcake OR Ice Cream  |                                       |  |   |   |   | <b>Assorted Desserts</b>                                      |
| <b>Low Sugar/ Sugar Free Desserts</b> | <b>Weekly Low Sugar Choices:</b><br>Sugar Free Apple Cinnamon Treat OR Sugar Free Jell-O OR Sugar Free Chocolate or Vanilla Pudding OR No Sugar Added Ice Cream   |                                       |  |   |   |   | <b>Assorted Sugar Free Desserts</b>                           |
| <b>Choice Of Beverage</b>             | <b>Your Choice Of:</b> Juice; Orange, Cranberry, Prune, Pineapple, Apple, V-8, Tomato. <b>Soda;</b> Cola & Diet, Lemon Lime, <b>Milk;</b> Reg, 2%, Skim and Soy. Regular Coffee, De-Caf Coffee, Hot Tea, Ice Tea & Water. <b>All available Daily with every Meal.</b> |                                       |  |   |   |   |   |
| <b>Snack:</b>                         | Available in Living rooms on all floors and in the Bistro and Clifton: Assorted snacks to include, Cookies, Health Bars, Applesauce and Water   |                                       |  |   |   |   |   |
| <b>Requests:</b>                      | <i>All entrees can be served without sauce or with sauce on the side. Please remember that special requests are always welcomed.</i>  |                                       |  |   |   |   |   |

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| Item  | Sunday  | Monday                                | Tuesday                                    | Wednesday   | Thursday  | Friday                                  | Saturday  |
|---|---|---------------------------------------|--|---|---|---|---|
| <b>Soup</b>                                   | Chicken Tortilla<br>OR Minestrone   | Chicken Tortilla<br>OR Lobster Bisque | Chicken Tortilla<br>OR Cream of Broccoli   | Chicken Tortilla<br>OR Tomato Basil                   | Bean and Ham<br>OR Cream of Asparagus                 | Bean and Ham<br>OR Broccoli and Cheddar | Bean and Ham OR<br>Chef's Choice                              |
| <b>Salad</b>                                  | Pasta Salad OR<br>Tossed Salad  | Cobb Salad OR<br>Tossed Salad         | Summer Corn Salad<br>OR Tossed Salad       | Romaine with Tomato<br>Bacon Salad OR<br>Tossed Salad | Mix Green with<br>strawberry Salad OR<br>Tossed Salad | Caesar Salad OR<br>Tossed Salad         | Asparagus with<br>Hard Boiled Egg<br>Salad OR Tossed<br>Salad |
| <b>Seasonal</b>                               | Vegetable Plate OR<br>Fruit Cup   | Vegetable Plate OR<br>Fruit Cup       | Vegetable Plate OR<br>Fruit Cup            | Vegetable Plate OR<br>Fruit Cup                       | Vegetable Plate OR<br>Fruit Cup                       | Vegetable Plate OR<br>Fruit Cup         | Vegetable Plate OR<br>Fruit Cup                               |
| <b>Main Entrée</b>                            | Beef Taco Bowl  | Balsamic Glazed<br>Shrimp             | Creamed Cajun<br>Chicken                   | Country Fried<br>Chicken                              | Beef Tip With<br>Portobello Mushroom                  | Chicken With<br>Mushroom                | Chef's Choice   |
| <b>Vegetarian<br/>(Meatless)<br/>Entrée</b>   | Zucchini Patties  | Vegetable Casserole                   | Breaded Vegi-<br>Scallops                  | Tomato Tart   | Special K Roast                                       | Vegetable Pizza                         | Mushroom Ravioli  |
| <b>Heart Healthy<br/>Entrée</b>               | Fish, Steak or Chicken  | Fish, Steak or<br>Chicken             | Fish, Steak or Chicken                     | Fish, Steak or Chicken                                | Fish, Steak or Chicken                                | Fish, Steak or Chicken                  | Fish, Steak or<br>Chicken                                     |
| <b>½ Sandwich</b>                             | Fried Fish  | Roast Beef with<br>Horseradish Mayo   | Breaded Chicken                            | Turkey and Swiss                                      | Chili Dog   | Philly cheesesteak with<br>Onion        | Rueben  |
| <b>Vegetable:<br/>Choice of</b>               | Peas OR Roasted<br>Cauliflower  | Kale OR<br>Steamed Squash             | Broccoli OR Brussels<br>Sprouts            | Corn OR Snap Peas                                     | Sautéed Spinach OR<br>Grilled Vegetables              | Green Beans OR Lima<br>Beans            | Wax Bean OR<br>Asparagus                                      |
| <b>Potato:<br/>Choice of</b>                  | Yellow Rice OR<br>Baked Potato  | Capellini OR Mashed<br>Potatoes       | Angel Hair Pasta OR<br>Macaroni and Cheese | Scalloped Potatoes<br>OR Rice Pilaf                   | Wild Rice OR Loaded<br>Baked Potato                   | Linguine OR Roasted<br>Potatoes         | Mashed Potatoes<br>OR Barley                                  |
| <b>Dessert</b>                                | <b>Weekly Dessert Choices:</b><br>Apple Pie OR Lemon Cake OR Dulce De Leche Cheesecake OR Strawberry Short OR Chocolate Crème Pie OR Ice Cream  |                                       |  |   |   |   | <b>Assorted Desserts</b>                                      |
| <b>Low Sugar/<br/>Sugar Free<br/>Desserts</b> | <b>Weekly Low Sugar Choices:</b><br>Sugar Free Apple Cinnamon Treat OR Sugar Free Jell-O OR Sugar Free Chocolate or Vanilla Pudding OR No Sugar Added Ice Cream   |                                       |  |   |   |   | <b>Assorted Sugar<br/>Free Desserts</b>                       |
| <b>Choice Of<br/>Beverage</b>                 | <b>Your Choice Of:</b> Juice; Orange, Cranberry, Prune, Pineapple, Apple, V-8, Tomato. <b>Soda;</b> Cola & Diet, Lemon Lime, <b>Milk;</b> Reg, Skim, 2%, Skim and Soy. Regular Coffee, De-Caf Coffee, Hot Tea, Ice Tea & Water. <b>All available Daily with every Meal.</b> |                                       |  |   |   |   |   |
| <b>Snack:</b>                                 | Available in Living rooms on all floors and in the Bistro and Clifton: Assorted snacks to include, Cookies, Health Bars, Applesauce and Water   |                                       |  |   |   |   |   |
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