

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Beef Noodle OR Thai Curry Vege Soup	Beef Noodle OR Cabbage Soup	Beef Noodle OR Mushroom Potato Soup	Beef Noodle OR Curry Vege Soup	Beef Noodle OR Indian Lentil	Beef Noodle OR Onion Au gratin	Beef Noodle OR Chef's Choice
Salad	Jack Salad OR Tossed Salad	Roasted Squash Salad OR Tossed Salad	Iceberg Wedge w/Warm Bacon Dressing OR Tossed Salad	Cannellini Bean Salad OR Tossed Salad	Apple, Pecan Salad with Arugula OR Tossed Salad	Asian Slaw Salad OR Tossed Salad	Black Bean Salad OR Tossed Salad
Seasonal	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup
Main Entrée	Coconut Shrimp	Chicken Marsala	Turkey Chili	Rosemary Roasted Lamb Chop	Meatloaf	Sesame Chicken	Pulled Pork Carnitas w/ Lime & Cilantro
Vegetarian Entrée	Tofu Stir Fry	Vege Chicken Marsala	Pecan Patty	Spinach & Swiss Quiche	Vegetarian Meatloaf	Sesame Vege Chicken Strips	Vege Pork Carnitas
Heart Healthy Entrée	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken
½ Sandwich	Hot Italian Sub	Smoked Ham & Swiss	Pulled BBQ Pork	French Dip	Chicken Bacon Ranch	Mac Attack Burger	Fried Fish
Vegetable: Choice of	Green Beans w/ Red Peppers OR Grilled Eggplant	Squash Medley OR Asparagus Tips	Snow Peas OR Roasted Mixed Vegetables	Fingerling Carrots OR Succotash	Broccoli OR Sautéed Spinach	Rice Cauliflower OR Stir Fry Vegetables	Fresh Sliced Tomatoes OR Mixed Vegetables
Potato: Choice of	Roasted Red Potatoes OR Polenta	Angel Hair Pasta OR Couscous	Fingerling Potatoes OR Basmati Rice	Whipped Sweet Potatoes OR Roasted Potatoes	Mac & Cheese OR Garlic Mashed Potatoes	Saffron Rice OR Fingerling Potatoes	Twice Baked Potato OR Tortilla Wrap
Dessert	Weekly Dessert Choices: German Chocolate Cake OR Salted Vanilla Caramel Cake OR Chocolate Cream Pie OR Red Velvet Cake OR Tiramisu OR Ice Cream						Assorted Desserts
Low Sugar/ Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Cherry Treat OR Sugar Free Jell-O OR Sugar Free Chocolate or Vanilla Pudding OR No Sugar Added Ice Cream						Assorted Sugar Free Desserts
Choice Of Beverage	Your Choice Of: Juice; Orange, Cranberry, Prune, Pineapple, Apple, V-8, Tomato. Soda; Cola & Diet, Lemon Lime, Milk; Reg , Skim, 2% & Chocolate. Coffee, De-Caf Coffee, Hot Tea, Ice Tea & Water. All available Daily with every Meal.						
Snack:	Available in Living rooms on all floors and in the Bistro and Clifton: Assorted snacks to include, Cookies, Health Bars, Applesauce and Water						
Requests:	<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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Soup	Beef Noodle OR Thai Curry Vege Soup	Beef Noodle OR Cabbage Soup	Beef Noodle OR Beef Barley	Beef Noodle OR Tuscan Vege Soup	Beef Noodle OR Lentil Stew	Beef Noodle OR Cauliflower Curry	Beef Noodle OR Chef's Choice
Salad	Jack Salad OR Tossed Salad	Roasted Squash and Mushroom Salad OR Tossed Salad	Iceberg Wedge w/Tomato Bacon Dressing OR Tossed Salad	White Bean and Tomato Salad OR Tossed Salad	Apple, Pecan and Arugula Salad OR Tossed Salad	Asian Slaw Salad OR Tossed Salad	Black Bean Salad OR Tossed Salad
Seasonal	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup	Vegetable Plate OR Fruit Cup
Main Entrée	Sesame Beef	Baked Tilapia	Shepards Pie	Chicken Alfredo	Beer Battered Cod	Baby Back Ribs	Chef's Choice
Vegetarian Entrée	Zucchini & Tofu Ziti	Scallop Almondine	Vege Shepards Pie	Vege Chicken and Zucchini Alfredo	Chickpea Curry	Vege Beef Lasagna	Chicken Vegetable Pot Pie
Heart Healthy Entrée	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken	Fish or Chicken
½ Sandwich	Hot Italian Sub	Smoked Ham & Swiss	Pulled BBQ Pork	French Dip	Chicken Bacon Ranch	Sweet BBQ Bacon Burger	Fried Fish
Vegetable: Choice of	Roasted Carrots OR Brussels Sprouts	Sautéed Spinach OR Roasted Cauliflower	Green Beans OR Parmesan Tomatoes	Sautéed Kale w/ Lemon Butter OR Buttered Peas	Asparagus OR Grilled Mixed Veggies	Grilled Sweet Peppers OR Corn on Cob	Carrot Mash OR Broccoli
Potato: Choice of	Jasmin Rice OR Mashed Potatoes	Polenta OR Scalloped Potatoes	Spaghetti Squash OR Garlic Bread	Home Fries OR Penne Pasta	Macaroni and Cheese OR Scalloped Corn	Roasted Potatoes OR Risotto	Baked Beans OR Waffle Fries
Dessert	Weekly Dessert Choices: German Chocolate Cake OR Salted Vanilla Caramel Cake OR Chocolate Cream Pie OR Red Velvet Cake OR Tiramisu OR Ice Cream						Assorted Desserts
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