

<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>	Rice Chicken <b>OR</b> Navy Bean	Rice Chicken <b>OR</b> Carrot and Ginger	Rice Chicken <b>OR</b> Creamy Kale	Rice Chicken <b>OR</b> Roasted Tomato	Rice Chicken <b>OR</b> Chunky Vegetable Lentil	Rice Chicken <b>OR</b> Sweet Corn and Coriander	Rice Chicken <b>OR</b> Chef's Choice
<b>Salad</b>	Mediterranean Salad <b>OR</b> Tossed Salad	Peach Spinach <b>OR</b> Tossed Salad	Caesar Salad <b>OR</b> Tossed Salad	Red, White and Blue Salad <b>OR</b> Tossed Salad	Lemon Poppy Seed Pasta Salad <b>OR</b> Tossed Salad	Tree Bean Salad <b>OR</b> Tossed Salad	Dill Ranch Cucumber Salad <b>OR</b> Tossed Salad
<b>Seasonal</b>	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup
<b>Main Entrée</b>	Saffron Sea Food With Rice	Cornish Hen	Honey Glazed Spiral Ham	Sirloin Strip With Brown Sauce	Seared Tilapia	Chicken Penne Pasta Carbonara	Steak Quesadillas With Pico De Gallo & Sour Cream Guacamole
<b>Vegetarian Entrée</b>	Penne Pasta With Chicken Strips Creamy Risotto And Vege Scallops Shar's Meatballs Nut Roast	Penne Pasta With Chicken Strips Creamy Risotto And Vege Scallops Shar's Meatballs Nut Roast	Penne Pasta With Chicken Strips Creamy Risotto And Vege Scallops Shar's Meatballs Nut Roast	Penne Pasta With Chicken Strips Creamy Risotto And Vege Scallops Shar's Meatballs Nut Roast	Penne Pasta With Chicken Strips Creamy Risotto And Vege Scallops Shar's Meatballs Nut Roast	Penne Pasta With Chicken Strips Creamy Risotto And Vege Scallops Shar's Meatballs Nut Roast	Penne Pasta With Chicken Strips Creamy Risotto And Vege Scallops Shar's Meatballs Nut Roast
<b>Heart Healthy Entrée</b>	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken
<b>½ Sandwich</b>	Basil & Mozzarella Burger	Cilantro Lime Pulled Pork Carnitas Wrapped	Monterey Chicken	Cobb Sandwich (Bacon, Turkey, Boiled Egg)	Chicago Hot Dog	Fried Shrimp Po'Boy	Ham & Spinach with Raspberry Sauce
<b>Vegetable: Choice of</b>	Broccoli <b>OR</b> Baby Carrots	Bok Choy <b>OR</b> Red Beets	Asparagus <b>OR</b> Mixed Vegetables	Kale <b>OR</b> Sautéed Mushrooms	Cauliflower <b>OR</b> Sautéed Spinach	Snap Peas <b>OR</b> Steam Carrots	Mushroom Medley <b>OR</b> Grilled Sweet Peppers
<b>Potato: Choice of</b>	Roasted Potatoes <b>OR</b> Orzo	Angel Hair <b>OR</b> Mashed Potato	Black Eyed Peas <b>OR</b> Mexican Rice	French Fries <b>OR</b> Cheesy Risotto	Wild Rice <b>OR</b> Linguini with Capers	Herbed Potatoes <b>OR</b> Garlic Bread	Risotto <b>OR</b> Black Beans
<b>Dessert</b>	<b>Weekly Dessert Choices:</b> Ice Cream Sandwich <b>OR</b> Key Lime Pie <b>OR</b> Strawberry Shortcake <b>OR</b> Apple A La Mode <b>OR</b> Coconut Meringue Pie <b>OR</b> Ice Cream						<b>Assorted Desserts</b>
<b>Low Sugar/ Sugar Free Desserts</b>	<b>Weekly Low Sugar Choices:</b> Sugar Free Pina Colada Treat <b>OR</b> Sugar Free Jell-O <b>OR</b> Sugar Free Chocolate or Vanilla Pudding <b>OR</b> 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, Skim, 2% & Chocolate. 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>						

*As always, we encourage your feedback regarding our menus. Substitutions may be necessary at times.*

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<b>Soup</b>	Rice Chicken <b>OR</b> Navy Bean	Rice Chicken <b>OR</b> Carrot and Ginger	Rice Chicken <b>OR</b> Creamy Kale	Rice Chicken <b>OR</b> Roasted Tomato	Rice Chicken <b>OR</b> Chunky Vegetable Lentil	Rice Chicken <b>OR</b> Sweet Corn and Coriander	Rice Chicken <b>OR</b> Chef's Choice
<b>Salad</b>	Mediterranean Salad <b>OR</b> Tossed Salad	Peach Spinach <b>OR</b> Tossed Salad	Caesar Salad <b>OR</b> Tossed Salad	Red, White and Blue Salad <b>OR</b> Tossed Salad	Lemon Poppy Seed Pasta Salad <b>OR</b> Tossed Salad	Tree Bean Salad <b>OR</b> Tossed Salad	Dill Ranch Cucumber Salad <b>OR</b> Tossed Salad
<b>Seasonal</b>	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup	Vegetable Plate <b>OR</b> Fruit Cup
<b>Main Entrée</b>	Pork and Pineapple Curry	Old Fashion Pot Roast	Fish & Chips	Parmesan Crusted Chicken	Shrimp Cheese Ravioli with Basil Cream Sauce	Beef Tenderloin Tips	Chef's Choice
<b>Vegetarian Entrée</b>	Penne Pasta With Chicken Strips Creamy Risotto And Vege Scallops Shar's Meatballs Nut Roast	Penne Pasta With Chicken Strips Creamy Risotto And Vege Scallops Shar's Meatballs Nut Roast	Penne Pasta With Chicken Strips Creamy Risotto And Vege Scallops Shar's Meatballs Nut Roast	Penne Pasta With Chicken Strips Creamy Risotto And Vege Scallops Shar's Meatballs Nut Roast	Penne Pasta With Chicken Strips Creamy Risotto And Vege Scallops Shar's Meatballs Nut Roast	Penne Pasta With Chicken Strips Creamy Risotto And Vege Scallops Shar's Meatballs Nut Roast	Penne Pasta With Chicken Strips Creamy Risotto And Vege Scallops Shar's Meatballs Nut Roast
<b>Heart Healthy Entrée</b>	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken	Fish <b>OR</b> Chicken
<b>½ Sandwich</b>	Basil & Mozzarella Burger	Cilantro Lime Grilled Pork Carnitas	Monterey Chicken	Cobb Sandwich (Bacon, Turkey, Boiled Egg)	Chicago Hot Dog	Fried Shrimp Po'Boy	Ham & Spinach with Raspberry Sauce
<b>Vegetable: Choice of</b>	Red Swiss Chard <b>OR</b> Snow Peas	Sliced Carrots <b>OR</b> Green Beans	Brussels Sprouts <b>OR</b> Cole Slaw	Turnip Greens <b>OR</b> Fried Okra	Brown Butter Carrots <b>OR</b> Zucchini	Sautéed Eggplant <b>OR</b> Grilled Peppers	Green Beans <b>OR</b> Peas and Carrots
<b>Potato: Choice of</b>	Jasmine Rice <b>OR</b> Chick Peas	Acorn Squash <b>OR</b> Au Gratin Potatoes	Roasted Parsnips <b>OR</b> Corn Bread	Pasta with Marinara <b>OR</b> Baked Sweet Potato	Potato Pancakes <b>OR</b> Breadsticks	Couscous <b>OR</b> Sweet Potato casserole	Parmesan Potatoes <b>OR</b> Lentils
<b>Dessert</b>	<b>Weekly Dessert Choices:</b> Ice Cream Sandwich <b>OR</b> Key Lime Pie <b>OR</b> Strawberry Shortcake <b>OR</b> Apple A La Mode <b>OR</b> Coconut Meringue Pie <b>OR</b> Ice Cream						<b>Assorted Desserts</b>
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<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, Skim, 2% & Chocolate. Coffee, De-Caf Coffee, Hot Tea, Ice Tea & Water. <b>All available Daily with every Meal.</b>						
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