

Week Three:

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

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Split Pea with Ham OR Tortilla Soup	Split Pea with Ham OR Potato Cheddar Soup	Split Pea with Ham OR Cabbage Soup	Split Pea with Ham OR Cream of Broccoli Soup	Split Pea with Ham OR Ginger Carrot Soup	Split Pea with Ham OR Cream of Asparagus	Split Pea with Ham OR Acorn Squash Soup
Salad	Tossed Salad OR Mixed Fruit Cup	Shrimp Avocado Salad (shrimp, avocado & onions) OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Butternut Squash Salad OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup	Roasted Sweet Potato Salad (black beans, corn, red pepper, cilantro w/ honey Dijon dressing) OR Mixed Fruit Cup	Tossed Salad OR Mixed Fruit Cup
Special of the Day	Grilled Sirloin Steak OR Chicken Wrap w/ Provolone & Chipotle Sauce	Ham with Pineapple Glazed OR Philly cheesesteak Sub (Steak trimmed & sliced, onions & provolone cheese)	Italian – Herb Crusted Pork Loin OR Turkey Burger (ground turkey burger, lettuce, tomato, onions, pickles & provolone cheese)	Chicken Cacciatore (boneless chicken thighs, Italian seasoning, mushrooms, olives, tomato, bell peppers, onions, carrots and wine) OR Fish Sandwich with Creamy Slaw & tartar Sauce	Roasted Turkey OR Cowboy Burger (Fried Onions, Bacon & Pepper Jack Cheese)	Mongolian Beef (Sliced steak seared until crispy, in a sweet & savory sauce) OR Turkey Rueben (Deli turkey, on rye bread with sauerkraut & thousand island & Swiss cheese)	Pork chop with creamy mushroom sauce OR Grilled Ham and Cheese
Vegetarian Entrée Specials	Vege Chicken Marsala Vegetarian Chilli	Vege Chicken Marsala Vegetarian Chilli	Vege Chicken Marsala Vegetarian Chilli	Vege Chicken Marsala Vegetarian Chilli	Vege Chicken Marsala Vegetarian Chilli	Vege Chicken Marsala Vegetarian Chilli	Vege Chicken Marsala Vegetarian Chilli
Heart Healthy Entrée	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken	Fish OR Chicken
Grill of the Day	BLT	Hot Dog	BLT	Cheeseburger w/ Fries (Available with Bacon)	BLT	Pepperoni Pizza	BLT
Vegetable: Choice of	Roasted Peppers OR Pea & Carrots	Succotash OR Parmesan Tomato	Baked Apples OR Cauliflower w/ Cheese	Grilled Zucchini & Squash OR Sauteed Spinach	Brussel Sprouts OR Acorn Squash	Mushroom Medley OR Broccoli	Glazed Carrots OR Green Beans
Starch: Choice of	White Rice OR Roasted Fingerling Potato	Corn Bread Muffin OR Sweet Potato Casserole	Green Bean Casserole OR Lentils	Roasted Potatoes OR Basmati Rice	Mashed Potatoes with Gravy OR Stuffing	Cajun Beans OR Fried Rice	Brown rice OR French Fries
Dessert	Weekly Dessert Choices: Pumpkin Roll OR Cookies OR Ice Cream						Assorted Desserts
Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free Cheesecake OR Sugar Free Chocolate OR Vanilla Pudding OR No Sugar Added Ice Cream						
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:	All entrees can be served without sauce or with sauce on the side. Please remember that special requests are always welcomed.						

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