

Item	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Beef Barley OR Melon Soup	Beef Barley OR Turkey Chili	Beef Barley OR Potato Leek	Beef Barley OR Broccoli and cheese	Split Peas OR Cauliflower Bisque	Split Peas OR Tomato Florentine	Split Peas OR Chef's Choice
Salad	Garden Salad OR Tossed Salad	Beet, Apple, and Orange Salad OR Tossed Salad	Caesar Salad OR Tossed Salad	Peaches with Cottage Cheese Salad OR Tossed Salad	Cucumber and Mango Salad OR Tossed Salad	Tomato and Mozzarella Caprese Salad OR Tossed Salad	Bacon, Broccoli and cheese 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	Meatballs with Spaghetti	Shrimp & Cheese Grits	Angel Hair Pasta with Garlic Chicken	Grilled Salmon	Sticky Ginger Chicken	Pan Seared Cod	Hot Dogs and Beans With Corn Bread
Vegetarian Entrée	Mediterranean Tofu	Beef Stir Fry	Chicken Avocado Quesadillas	Meatless Pork Fritter	Pasta with Meatless Bacon and Grilled Artichokes	Pesto Stuffed Mushrooms	Vegetarian Chili
Heart Healthy Entrée	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 Chicken
½ Sandwich	Pulled Pork BBQ	Bacon Turkey Club	Breaded Ranch Chicken	French Dip	Shrimp Salad Croissant	Cuban Ham & Turkey	Salmon Cake
Vegetable: Choice of	Broccoli OR Cauliflower	Squash Medley OR Brussel Sprouts	Broccoli OR Sautéed Kale	Sugar Snap Peas OR Sautéed Mushroom	Glazed Carrots OR Asparagus	Garlic Red Beets OR Spinach	Wax Beans OR Cabbage
Potato: Choice of	Roasted Potatoes OR Peas	Couscous OR Corn	Rosemary Roasted Potatoes OR Angel Hair	Coconut Rice OR Naked Potato	Mashed Potatoes OR Jasmin Rice	French Fries OR Yellow Rice	Scalloped Potatoes OR Fried Sweet Potatoes
Dessert	Weekly Dessert Choices: Blue Berry Pie OR Carrot Cake OR Tiramisu OR Flan OR Marble Pound Cake OR Ice Cream						Assorted Desserts
Low Sugar/ Sugar Free Desserts	Weekly Low Sugar Choices: Sugar Free White Cake With Chocolate Icing 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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Main Entrée	Pepperoni Pizza	Steak Fajitas	Pork Ribs	Beef Enchiladas	Parmesan Tilapia	Jerk Chicken	Chef's Choice
Vegetarian Entrée	Eggplant, Zucchini and Red Pepper Stew	Spinach Mushroom Quesadilla	Vegetarian Pot Pie	Grilled Vegetable Enchilada	Vegetarian Shepherds' Pie	Cheese Lasagna	Beef and Cheese Burrito
Heart Healthy Entrée	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 Chicken
½ Sandwich	Pulled Pork BBQ	Bacon Turkey Club	Breaded Ranch Chicken	French Dip	Shrimp Salad Croissant	Cuban Ham & Turkey	Salmon Cake
Vegetable: Choice of	Buttered Carrots OR Mixed Vegetables	Sautéed Cabbage OR Ratatouille	Peas and Onions OR Creamed Spinach	Parsnip Mash OR Okra	Cauliflower OR Turnip Greens	Roasted Tomatoes OR Green Beans	Asparagus OR Mushroom Medley
Potato: Choice of	White Rice OR French Fries	Corn OR Mexican Rice	Boiled Potatoes OR Macaroni and Cheese	Rice & Beans OR Cheesy Mashed Potatoes	Cous Cous OR Roasted Red Potatoes	Mashed Potatoes OR Polenta	Onion Rings OR Rice Pilaf
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