



SAMPLE MENU



A Priority Life Care Community

Thursday

- **Breakfast:** Banana whole wheat pancakes, fruit, cereal, coffee & juice
- **Lunch:** Glazed Salmon with wild rice blend, corn, roll, red velvet cake (pareve frosting)
- **Dinner:** Grilled Turkey Sandwich on Rye, macaroni salad, potato chips, roll, cookies (pareve)

Friday

- **Breakfast:** Veggie omelet, toast, fruit, cereal, coffee & juice
- **Lunch:** Baked Chicken with Ranch Seasoning (non-dairy), macaroni & cheese substitute (made with plant-based cheese), roll, chocolate mousse made with coconut cream
- **Dinner:** Beef Brisket, roasted potatoes, mixed veggies, roll, honey cake

Saturday

- **Breakfast:** Cinnamon French toast, turkey sausage, fruit, cereal, coffee & juice
- **Lunch:** Cod Alfredo, linguine, broccoli, roll, chocolate cake (pareve)
- **Dinner:** Vegetarian Chili with Beans, salad, cornbread, peach cobbler (pareve)

Sunday

- **Breakfast:** Scrambled eggs, toast, fruit, cereal, coffee & juice
- **Lunch:** Baked Turkey Breast with Paprika, stuffing made with vegetable broth, creamed Brussels sprouts (non-dairy), roll, lemon cake
- **Dinner:** Chicken & Matzo Dumplings, roasted beets, roll, oatmeal cookies (pareve)

Monday

- **Breakfast:** Scrambled eggs, whole wheat toast, seasonal fruit, whole grain cereal, coffee & juice
- **Lunch:** Herb-Roasted Chicken, roasted red potatoes, French cut green beans, roll, non-dairy caramel mousse
- **Dinner:** Baked Tilapia with Almonds, lemon rice, roasted tomatoes, roll, parve berry brownie

Tuesday

- **Breakfast:** Waffles, turkey bacon (kosher), seasonal fruit, cereal, coffee & juice
- **Lunch:** Taco Salad with Ground Turkey, tortilla chips & salsa, pico de gallo, roll, churro-inspired cinnamon crisps (baked)
- **Dinner:** Vegetable Pot Pie (made with pareve crust and non-dairy sauce), rosemary mashed potatoes, roll, lemon pound cake (non-dairy)

Wednesday

- **Breakfast:** Cheese omelet (or plant-based cheese alternative), whole wheat toast, fruit, cereal, coffee & juice
- **Lunch:** Roast Beef (Kosher) or Roast Turkey, maple sweet potatoes, roasted cauliflower, roll, cherry compote bar (pareve)
- **Dinner:** Cheese Ravioli with Tomato Sauce (dairy meal), confetti corn, breadstick, pumpkin pie