



SAMPLE MENU



A Priority Life Care Community

Thursday

- **Breakfast:** Country Style Scrambled Eggs, Whole Wheat Toast, Seasonal Fruit, Whole Grain Hot or Cold Cereal, Coffee & Juice
- **Lunch:** Paprika Baked Turkey Breast, Sage Cornbread Stuffing, Creamed Brussel Sprouts, Roll, Warm Lemon Cake
- **Dinner:** Chicken & Dumplings, Roasted Fresh Beets, Roll, Peanut Butter Oatmeal Cookies

Monday

- **Breakfast:** Cheese Omelet, Whole Wheat Toast, Seasonal Fruit, Whole Grain Hot or Cold Cereal, Coffee & Juice
- **Lunch:** Herb Roasted Beef, Maple Sweet Potatoes, Garlic Roasted Fresh Cauliflower, Roll, Cherry Orchard Bar
- **Dinner:** Cheese Ravioli with Tomato Sauce, Confetti Corn, Breadstick, Pumpkin Pie

Tuesday

- **Breakfast:** Waffles, Bacon, Seasonal Fruit, Whole Grain Hot or Cold Cereal, Coffee & Juice
- **Lunch:** Beef Taco Salad, Tortilla Chips & Salsa, Pico de Gallo, Roll, Churros
- **Dinner:** Turkey Pot Pie, Rosemary Mashed Potatoes, Roll, Pound Cake

Wednesday

- **Breakfast:** Choice of Egg, Whole Wheat Toast, Seasonal Fruit, Whole Grain Hot or Cold Cereal, Coffee & Juice
- **Lunch:** Oven Roasted Chicken, Roasted Red Potatoes, French Cut Green Beans, Roll, Caramel Cheesecake
- **Dinner:** Lemon Fish Almondine, Lemon Rice, Roasted Tomatoes, Roll, Berry Brownie

Friday

- **Breakfast:** Cinnamon French Toast, Ham Slice, Seasonal Fruit, Whole Grain Hot or Cold Cereal, Coffee & Juice
- **Lunch:** Rock Shrimp Alfredo, Linguine, Broccoli Florets, Roll, Glazed Chocolate Sheet Cake
- **Dinner:** Chili Con Carne, Chef Salad, Cornbread, Peach Pie

Saturday

- **Breakfast:** Sausage Patty, Seasonal Fruit, Whole Grain Hot or Cold Cereal, Coffee & Juice
- **Lunch:** Crunchy Ranch Chicken, Macaroni & Cheese, Roll, Chocolate Mousse Pudding
- **Dinner:** Tomato Swiss Steak, Buttermilk Mashed Potatoes, Mixed Veggies, Roll, Glazed White Sheet Cake

Sunday

- **Breakfast:** Banana Whole Wheat Pancakes, Seasonal Fruit, Whole Grain Hot or Cold Cereal, Coffee & Juice
- **Lunch:** Honey Roasted Pork Medallions, Wild Rice Blend, Corn, Roll, Red Velvet Cake
- **Dinner:** Ham and Swiss Sandwich, Grilled Turkey and Swiss Sandwich, Macaroni Salad, Potato Chips, Roll, Cookies