



**NEW STANDARD**  
Senior Living

## SAMPLE MENU

### 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



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

### 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