

Sample Weekly Menu

Assisted Living Breakfast 8:30 am - 9:30 am
 Lunch 12:30 pm - 1:30 pm
 Dinner 5:30 pm - 7:30 pm

Christopher Center Breakfast 8:00 am
 Lunch 12:00 pm
 Dinner 5:00 pm



| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|---|--|---|--|---|
| BREAKFAST | Sausage Links Cinnamon Rolls <i>Always Available*</i> | Cheese Scrambled Eggs Toasted English Muffin <i>Always Available*</i> | Belgian Waffles Corned Beef Hash <i>Always Available*</i> | Blintz with Strawberry Topping Buffet Sliced Ham <i>Always Available*</i> | Potato Pancake Texas Smoked Bacon <i>Always Available*</i> | Assorted Muffins Sausage Patties <i>Always Available*</i> | Spinach Egg Quiche Honey Butter Biscuits Sausage Links <i>Always Available*</i> |
| LUNCH | Chicken Noodle Soup Sweet and Sour Pork Jasmine Rice Broccoli Buttered Roll Teriyaki Grilled Chicken Lo Mein Noodles Carrots Strawberry Cream Pie <i>Always Available**</i> | Cabbage Soup Chicken Piccata Egg Noodles with Mushrooms Italian Green Beans Shrimp Scampi Rice Sautéed Tomatoes and Zucchini Vanilla Bean Mousse <i>Always Available**</i> | Lobster Bisque Soup Roasted Turkey with Gravy Cranberry Chutney Cornbread Dressing Carrots, Green Beans Honey Wheat Roll Pasta Bolognese Egg Noodles Pumpkin Bread Pudding <i>Always Available**</i> | Southwest Black Bean Soup BBQ Beef Brisket Smokey White Cheddar Macaroni and Cheese Peas and Carrots Garlic Toast Baked Chicken Baked Potato Pineapple Cake <i>Always Available**</i> | Lentil Soup Stuffed Shells with Meatball Marinara Italian Vegetables Garlic Breadsticks Breaded Fish French Fries Cole Slaw Tiramisu <i>Always Available**</i> | New England Clam Chowder Crab Cakes with Hollandaise Hush Puppies Green Beans Wheat Roll Pulled Pork on Bun Baked Beans Corn Strawberry Shortcake <i>Always Available**</i> | Cream of Chicken Soup Sliced Polish Sausage Roasted Red Potatoes Cabbage Cornbread Swiss Steak with Gravy Scalloped Potatoes Cauliflower Caramel Apple Pie <i>Always Available**</i> |
| DINNER | Cream of Mushroom Soup Chicken Parmesan Spaghetti Pasta Italian Green Beans Dinner Roll Marsala Pork Garlic Mashed Potatoes Squash Orange Cake <i>Always Available**</i> | Butternut Squash Beef Stew Roasted Potatoes Corn Garlic Bread White Chicken Chili Zucchini Blueberry Pie <i>Always Available**</i> | Italian Wedding Soup Pork Tenderloin with Demi Glaze Sweet Potato Casserole Collard Greens Cornbread Pepper Steak with Gravy Rice Asparagus Chocolate Pudding <i>Always Available**</i> | Crab Bisque Soup Chicken Carbonara Angel Hair Pasta Sliced Carrots Dinner Roll Lemon Butter Salmon Rice Pilaf Brussel Sprouts Lemon Meringue Pie <i>Always Available**</i> | Pumpkin Spiced Soup Salisbury Steak Twice-Baked Potatoes Turnip Green Dinner Roll Vegetable Quiche Carrots Garlic Toast Lemon Pound Cake <i>Always Available**</i> | Tuscan Bean Soup Mediterranean Chicken Tri-Color Potatoes Mediterranean Vegetables Corn Muffin Spaghetti and Meatballs Collards Peach Crisp <i>Always Available**</i> | Beef Vegetable Soup Beef Wellington with Mushroom Gravy Mashed Potatoes Spinach Garlic Toast Baked Cod Wild Rice Carrots Cherry Pie <i>Always Available**</i> |

*Breakfast Always Available: *Cereal (hot or cold)* ♥ • *oatmeal* ♥ • *grits* ♥ • *fresh fruit* ♥ • eggs (made to order) • toast.

**Lunch and Dinner Always Available: *Grilled chicken* ♥ • grilled hamburger/cheeseburger • grilled hot dog • *deli sandwiches* ♥ (black forest ham, smoked turkey, tuna, corned beef, egg salad, chicken salad, pimento cheese, peanut butter and jelly) • *cold salads* ♥ (house, Caesar, potato, cole slaw) • *seasonal fruit* ♥ • assorted ice cream • yogurts • puddings • apple sauce • snack crackers • cookies.

Coffee, tea, water, milk, juice, and soda served at every meal.

♥ *Heart-healthy options* are always available and are prepared to order. Sugar-free desserts available upon request. Ask your server for details.

