

Patio Dining Room Menu

February 27 through March 5, 2017

Set Breakfast - \$4.75
Monday to Friday
8 a.m. to 10 a.m.

Light Luncheon - \$12.00
Monday to Saturday
11:30 a.m. to 1:30 p.m.

Dinner - \$15.00
Monday to Saturday
11:30 a.m. to 1:30 p.m. &
4 p.m. to 7 p.m.
Sunday: 11 a.m. to 3 p.m.

Take-Out Hours
Monday to Saturday
11:30 a.m. to 1:30 p.m.
4 p.m. to 5 p.m.
6:30 p.m. to 7 p.m.

Choice of Juice or Soup

Monday, February 27

Wellness

Soup: Chicken & White Rice
Shrimp & Scallop Skewers or Eggplant Parmesan
Julienne Vegetables or Sautéed Spinach w/Garlic
Herbed Cous Cous or Gluten Free Pasta w/Sauce

Catch of the Day: Grilled Salmon

Wednesday, March 1

Soup: Italian Wedding
Chicken Cacciatore or Pork Chop w/Apples
Italian Blend Vegetables or Carrots
Orzo w/Basil or Baked Sweet Potato

Catch of the Day: Broiled Snapper

Friday, March 3

Soup: Maryland She Crab
Mussels Marinara or Baby Back Ribs
Wax Beans or Baked Beans or Broccoli Slaw
Angel Hair Pasta w/Sauce or Steak Fries

Catch of the Day: Baked Orange Roughy

Sunday, March 5

Mixed Green Salad
Soup: Lobster Bisque

Herb Roasted Turkey or Crab Cakes w/Remoulade Sauce
Honey Glazed Baby Carrots or Whole Kernel Corn
Homestyle Mashed Potatoes or Stuffing

Catch of the Day: Baked Haddock

Tuesday, February 28



Mardi Gras



Soup: Louisiana Gumbo
Grilled Chicken Breast w/Black Bean Salsa
or Shrimp Jambalaya or Blackened Catfish
Fried Okra • Stewed Tomatoes
Dirty Rice or Black Eyed Peas or
Homestyle Mashed Potatoes

Thursday, March 2

Soup: Broccoli & Cheese
Knockwurst/Bratwurst or Beef Pot Roast
Braised Sauerkraut or String Beans
Potato Pancakes or Homestyle Mashed Potatoes

Catch of the Day: Baked Tilapia

Saturday, March 4

Soup: Butternut Squash w/Curry
Chicken Tikka Masala or Beef Lo Mein
Sesame Ginger Snap Peas or Fall Vegetable Mix
Jasmine Rice or Noodles Romanoff

Catch of the Day: Broiled Grouper

Catch of the Day Toppings...

- Lemon Butter Caper
- Mango Pineapple Salsa
- Ponzu Sauce

* Please Note: The catch of the day is
subject to Availability.

As always, we offer plain Baked Chicken & Fish daily, also Clear Broth-both Regular & Low Sodium

No Substitutions Please

Week 6

Turn over for more
dining information

Dining Home Delivery Menus, Information & Announcements

Standard Home Delivery Menu
February 27 to March 5, 2017

TO ORDER - Dial 783-4065 or 783-4061
Orders taken Sunday between 10:00 and 11:00 a.m.
Lunch: Mon. to Sat. 10:30 - 11:30 a.m.
Dinner: Mon. to Sat. 2:30 - 3:30 p.m.

There is a \$5.00 delivery charge for non-medical home deliveries.

Lunch & Dinner include Soup du Jour or Juice, Choice of Entrée, Starch, Vegetable and Beverage, Roll, Salad du Jour and Dessert.

Light Lunch Menu Entrées & Salad Cold Plates:

- MONDAY Whole Grain Spaghetti Casserole
 Shrimp Salad

- TUESDAY Hot Roast Beef on Kaiser
 Chef Salad

- WEDNESDAY Lemon Pepper Chicken Tenders
 Cottage Cheese /Fruit Plate

- THURSDAY BBQ Beef on Bun
 Chicken Caesar Salad

- FRIDAY Tuna Salad on Sub Roll
 Egg Salad


- SATURDAY Chicken & Rice Casserole

Come Join The Fun...

CELEBRATE
Mardi Gras 

with us

Tuesday, February 28



Did You Know?

It is our pleasure to serve
our residence no tipping is required.

Please Join Us For Our

HAPPY HOUR 

EVERY THURSDAY
4:00 - 5:30 P.M.
LAKESIDE
DINING ROOM

No Reservation needed,
First Come, First Served

Food for Thought – Week 6
February 27 through March 5

	Serving Size-oz	Calories	Total Fat g	Choles- terol mg	Sodium mg	Total Carbs g	Fiber g	Protein
<i>Monday – February 27</i>								
Chicken & White Rice Soup	6 oz	122	5	16	88	12	1	7
Shrimp & Scallop Skewers	1 each	365	24	188	701	8	3	30
Eggplant Parmesan	6 oz	416	22	76	2017	39	6	20
Grilled Salmon	4 oz	568	38	202	320	2	0	50
Julienne Vegetables	4 oz	128	9	0	318	12	3	1
Sauteed Spinach w/Garlic	½ cup	55	2	0	127	7	4	5
Herbed Cous Cous	½ cup	156	0	0	310	32	2	5
Gluten Free Pasta w/Sauce	1 cup	331	13	65	418	30	2	22
Light Lunch – Whole Grain Spaghetti Casserole								
	6 oz	539	28	104	1241	40	1	35

Tuesday – February 28

Louisiana Gumbo	6 oz	102	3	28	583	12	2	7
Grilled Chicken Breast w/Black Bean Salsa	6 oz	620	18	162	957	50	5	66
Shrimp Jambalaya	1 cup	203	6	30	859	24	2	13
Blackened Catfish								
Fried Okra	½ cup	152	9	4	609	16	0	3
Stewed Tomatoes	½ cup	72	2	1	671	14	3	2
Dirty Rice	4 oz	147	3	9	378	26	1	4
Black Eyed Peas	½ cup	76	7	13	66	3	0	2
Homestyle Mashed Potatoes	½ cup	109	6	12	253	12	1	3
Light Lunch – Hot Roast Beef on Kaiser								
	1 each	297	7	58	1277	31	1	27

Wednesday – March 1

Italian Wedding Soup	6 oz	144	5	25	669	11	1	14
Chicken Cacciatore	6 oz	687	15	139	866	77	10	60
Pork Chop w/Apples	3 oz	415	14	105	575	39	4	35
Broiled Snapper	4 oz	202	13	36	229	1	0	20
Italian Blend Vegetables	½ cup	75	2	0	46	12	4	3
Carrots	½ cup	56	2	0	156	9	3	1
Orzo w/Basil	½ cup	163	5	0	25	26	1	5
Baked Sweet Potato	1 whole	130	0	0	83	30	5	2
Light Lunch – Lemon Pepper Chicken Tenders								
	4 oz	306	17	46	672	19	2	19

Thursday – March 2

Broccoli & Cheese Soup	6 oz	275	19	50	370	20	3	9
Knockwurst	1 link	307	28	60	930	3	0	11
Bratwurst	4 oz	378	33	84	959	3	0	16
Beef Pot Roast	6 oz	370	13	147	608	13	3	50
Baked Tilapia	3 oz	117	3	57	66	0	0	23
Braised Sauerkraut	½ cup	30	0	0	740	66	3	1
String Beans	½ cup	45	2	0	94	6	3	1
Potato Pancakes	1 each	152	8	54	433	16	2	3.0
Homestyle Mashed Potatoes	½ cup	109	6	12	253	12	1	3
Light Lunch – BBQ Beef on Bun								
	9	397	7	59	1959	55	2	27

Friday – March 3

	Serving Size	Calories	Total Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Protein
Maryland She Crab Soup	6 oz	53	1	7	861	7	1	4
Mussels Marinara	6 oz	164	5	34	453	14	2	16
Baby Back Ribs	3 oz	398	23	90	614	20	0	25
Baked Orange Roughy	4 oz	245	18	65	246	1	0	19
Wax Beans	½ cup	46	2	0	9	6	3	1
Baked Beans	4 oz	166	2	10	537	34	6	6
Broccoli Slaw	½ cup	100	5	6	291	13	0	3
Angel Hair Pasta w/Sauce	½ cup	503	5	0	249	96	5	17
Steak Fries	½ cup	133	4	0	301	23	2	2
Light Lunch - Tuna Salad on Sub Roll	1 each	256	16	33	528	15	1	15

Saturday – March 4

Butternut Squash w/Curry Soup	6 oz	230	19	44	49	15	3	3
Chicken Tikka Masala	6 oz	728	39	254	1376	24	6	72
Beef Lo Mein								
Broiled Grouper	4 oz	212	10	75	416	2	1	28
Sesame Ginger Snap Peas	½ cup	117	6	0	219	14	3	3
Fall Vegetable Mix	½ cup	102	2	2	69	19	2	3
Jasmine Rice	½ cup	86	2	2	379	14	2	3
Noodles Romanoff	½ cup	175	8	37	154	20	1	6
Light Lunch - Chicken & Rice Casserole	6 oz	526	20	153	794	36	3	49

Sunday – March 5

Lobster Bisque	6 oz	280	25	47	712	9	0	4
Herb Roasted Turkey	4 oz	122	7	49	1	1	0	13
Crab Cakes	1 each	219	13	44	380	12	1	13
Remoulade Sauce	1 oz	54	4	2	256	4	0	0
Baked Haddock	4 oz	176	12	53	375	1	0	16
Honey Glazed Carrots	4 oz	175	11	0	108	22	2	0
Whole Kernel Corn	4 oz	85	3	6	281	15	2	2
Homestyle Mashed Potatoes	½ cup	109	6	12	253	12	1	3
Stuffing	4 oz	71	1	0	262	14	3	2
<i>Daily</i> – Baked Chicken	6 oz	232	15	92	376	0	0	22
Baked Fish	4 oz	190	2	146	713	0	0	40

