

Patio Dining Room Menu

April 3 through April 9, 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, April 3 Wellness

Soup: Hearty Vegetarian Vegetable
Lemon Chicken or Grilled Shrimp Kabobs
Sautéed Green Beans & Peppers or Whole Baby Carrots
Three Color Cous Cous or Herbed Quinoa

Catch of the Day: Rainbow Trout

Wednesday, April 5

Soup: Hearty Chicken Noodle
Pork Roast or Sliced Turkey
Garden Peas & Carrots or Sautéed Zucchini
Herbed Rice or Au Gratin Potatoes

Catch of the Day: Broiled Grouper

Friday, April 7

Soup: French Onion
Burgundy Beef Stew or Chicken Cordon Bleu
Creamed Pearl Onions or Seasoned Asparagus
Roasted Red Potatoes or Brown Rice Pilaf

Catch of the Day: Grilled Swordfish

Sunday, April 9

Soup: Leek & Potato
Maple Glazed Ham or Southern Fried Chicken
Stewed Tomatoes or Wax Beans or
Country Cole Slaw

Baked Sweet Potatoes or
Roasted Garlic Mashed Potatoes

Catch of the Day: Grilled Salmon

Tuesday, April 4

Soup: Portabella Mushroom
Braised Beef Short Ribs or Chicken Madeira
Roasted Brussel Sprouts w/ Bacon or
Cauliflower w/ Cheese Sauce
Mashed Potatoes or Buttered Egg Noodles

Catch of the Day: Battered Cod

Thursday, April 6

Soup: Broccoli & Cheese
Chicken with Tomatoes & Capers or Swiss Steak
Italian Beets or Capri Vegetable Blend
Seasoned Orzo & Basil or Sweet Potato Fries

Catch of the Day: Pecan Crusted Tilapia

Saturday, April 8

Soup: Italian Wedding
Spaghetti & Meatballs or Veal Piccata
Sautéed Peppers & Onions or Sicilian Vegetables
Fettuccini Alfredo or Wild Mushroom Risotto

Catch of the Day: Baked Haddock

Catch of the Day Toppings...

- Lemon Butter Caper
- Mango & Pineapple Salsa

* 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 1

Turn over for more
dining information

Dining Home Delivery Menus, Information & Announcements

Standard Home Delivery Menu April 3 to April 9, 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	Baked Ziti Shrimp Salad
TUESDAY	Hot Roast Beef On Kaiser Chef Salad
WEDNESDAY	Fried Chicken Tenders Cottage Cheese/Fruit Plate
THURSDAY	BBQ Beef On Bun Chicken Caesar Salad
FRIDAY	Tuna Salad on Roll Egg Salad
SATURDAY	Chicken & Rice Casserole

Please Make Reservations For **PASSOVER SEDER DINNER**

MONDAY, APRIL 10, 2017

LAKESIDE DINING ROOM

Reservations are being taken
Monday, March 27, 2017 through
Thursday, April 6, 2017

Call Susanne at 783-4063

Residents meal ticket may be used with
\$5.70 surcharge.

Guest price is \$25.00 + tax

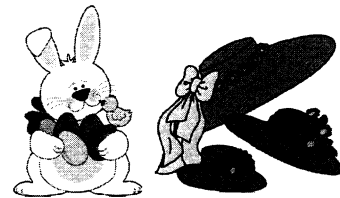
Kitchen Tour

The next Kitchen Tour will be held
TUESDAY, APRIL 11th AT 11:30 A.M.

Come enjoy Lunch on us.

If you would like to attend, please call
and make a reservation with
Staci at 783-4065.

We look forward to showing you
around our exceptional kitchen.



Reservations for

Easter Dinner

Sunday, April 16, 2017

can be made Tuesday, April 4, 2017
through Thursday, April 13, 2017
by calling Catherine at 954-783-4062.

Seatings for dinner are 11:00 am,
1:00 and 3:30 pm

Guest price is \$25.00 + tax

*Notes left on Staci's desk will not be accepted.
To expedite seating, your account will be
charged when you make the reservation.

Food for Thought – Week 1

April 3 through April 9

	Serving Size-oz	Calories	Total Fat g	Choles- terol mg	Sodium mg	Total Carbs g	Fiber g	Protein
<i>Monday – April 3</i>								
Hearty Vegetable Soup	6 oz	55	1	1	284	11	2	2
Lemon Chicken	6 oz	270	11	186	756	3	1	39
Grilled Shrimp Kabobs	1 skewer	216	5	158	541	24	1	18
Rainbow Trout	4 oz	242	18	58	217	1	0	20
Sauteed Green Beans & Peppers	½ cup	58	3	0	140	8	4	2
Whole Baby Carrots	½ cup	53	3	0	147	7	3	1
Three Color Cous Cous	½ cup	156	0	0	310	32	2	5
Herbed Quinoa	½ cup	99	2	0	16	17	2	4
Light Lunch – Baked Ziti	8 oz	450	15	25	1379	60	6	22

Tuesday – April 4

Portabella Mushroom Soup	6 oz	75	6	6	429	4	0	2
Braised Beef Shortribs	6 oz	425	32	112	108	6	1	29
Chicken Madeira	6 oz	665	33	106	102	21	0	40
Battered Cod	4 oz	229	13	60	113	7	0	19
Roasted Brussels Sprouts w/Bacon	½ cup	54	2	3	75	8	4	4
Cauliflower w/Cheese Sauce	½ cup	60	1	5	470	10	1	2
Mashed Potatoes	½ cup	109	6	12	253	12	1	3
Buttered Egg Noodles	½ cup	142	5	28	108	20	1	4
Light Lunch – Hot Roast Beef on Kaiser	1 each	297	7	58	1277	31	1	27

Wednesday - April 5

Hearty Chicken Noodle Soup	6 oz	90	1	16	99	14	2	6
Pork Roast	6 oz	435	16	173	426	6	0	62
Sliced Turkey	5 oz	151	6	87	82	0	0	23
Broiled Snapper	4 oz	202	13	36	229	1	0	20
Garden Peas & Carrots	½ cup	60	2	0	77	9	3	3
Sauteed Zucchini	½ cup	35	2	0	104	3	1	1
Herbed Rice	½ cup	159	4	0	112	28	2	3
Au Gratin Potatoes	4 oz	87	3	5	493	17	1	2
Light Lunch – Fried Chicken Tenders	4 oz	306	17	46	672	19	2	19

Thursday – April 6

Broccoli & Cheese Soup	6 oz	275	19	50	370	20	3	9
Chicken Breast w/Tomatoes & Capers	6 oz	430	24	87	369	15	1	34
Swiss Steak	6 oz	656	22	156	1205	54	4	60
Pecan Crusted Tilapia	4 oz	327	19	83	469	14	2	26
Italian Beets	½ cup	47	1	0	224	8	2	1
Capri Vegetable Blend	½ cup	65	2	0	60	11	3	3
Seasoned Orzo & Basil	½ cup	163	5	0	167	26	1	5
Sweet Potato Fries	½ cup	113	0	0	277	27	2	2
Light Lunch – BBQ Beef on Bun	1 each	397	7	59	1959	55	2	27

	Serving Size	Calories	Total Fat g	Choles-terol mg	Sodium mg	Total Carbs g	Fiber g	Protein
Friday – April 7								
French Onion Soup	6 oz	132	10	1	77	9	1	2
Burgundy Beef Stew	6 oz	298	0	98	360	9	0	35
Chicken Cordon Bleu	4 oz	358	12	167	600	22	1	38
Grilled Swordfish	4 oz	245	18	65	246	1	0	19
Creamed Pearl Onions	½ cup	91	5	13	87	11	2	2
Seasoned Asparagus	½ cup	33	2	0	17	2	1	3
Roasted Red Skinned Potatoes	½ cup	126	6	0	429	18	2	2
Brown Rice Pilaf	½ cup	102	6	3	162	10	1	1
Light Lunch - Tuna Salad on Roll	1 each	256	16	33	567	15	1	15

Saturday – April 8

Italian Wedding Soup	6 oz	144	5	25	669	11	1	14
Spaghetti & Meatballs	8 oz	836	39	146	2943	78	11	47
Veal Piccata	4 oz	278	15	80	420	5	0	30
Baked Haddock	4 oz	176	12	53	375	1	0	16
Sauteed Peppers & Onions	½ cup	52	2	0	4	8	2	1
Sicilian Vegetables	½ cup	63	2	0	38	9	2	2
Fettuccini Alfredo	4 oz	370	15	82	823	48	2	11
Wild Mushroom Risotto	½ cup	222	9	22	171	32	1	4
Light Lunch - Chicken & Rice Casserole	6 oz	526	20	153	794	36	3	49

Sunday – April 9

Leek & Potato Soup	6 oz	245	13	1	279	30	4	4
Pineapple Glazed Ham	4 oz	189	7	68	1535	8	0	23
Southern Fried Chicken	6 oz	382	20	127	402	8	0	41
Grilled Salmon	4 oz	568	38	202	320	2	0	50
Stewed Tomatoes	½ cup	72	2	1	671	14	3	2
Wax Beans	½ cup	46	2	0	9	6	3	1
Coleslaw	½ cup	243	20	16	246	16	2	2
Baked Sweet Potato	1 whole	130	0	0	83	30	5	2
Roasted Garlic Mashed Potatoes	½ cup	107	1	0	127	22	2	2
Daily – Baked Chicken								
Baked Chicken	6 oz	232	15	92	376	0	0	22
Baked Fish	4 oz	190	2	146	713	0	0	40

