

Patio Dining Room Menu

March 20 through March 26, 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, March 20 Wellness

Soup: Hearty Vegetarian Lentil
Vegetable Lasagna or Rotisserie Chicken
Roasted Root Vegetables or Julienne Vegetables
Gluten Free Pasta or Herbed Cous Cous

Catch of the Day: Broiled Rainbow Trout

Wednesday, March 22

Soup: Beef Barley
Liver w/Bacon & Onions or Chicken & Biscuits
Brussel Sprouts or Roasted Butternut Squash
Herbed Rice or Au Gratin Potatoes

Catch of the Day: Grouper Almondine

Friday, March 24

Soup: Manhattan Clam Chowder
Blackened Chicken Alfredo w/Garlic Toast or
Fried Fisherman's Platter
Sautéed Zucchini or Coin Cut Carrots
Fettuccini w/Sauce or Steak Fries

Catch of the Day: Grilled Mahi Mahi

Sunday, March 26

Mixed Green Salad
Soup: Tomato & Basil Bisque
Fried Shrimp or Beef Brisket
Steamed Broccoli or Capri Blend Vegetables
Macaroni & Cheese or
Baked Sweet Potato w/Cinnamon & Brown Sugar

Catch of the Day: Grilled Salmon

Tuesday, March 21

Soup: Leek & Potato
London Broil or Sautéed Scallops
Sautéed Spinach or Sweet Cut Corn
Red Potatoes or Mushroom Risotto

Catch of the Day: Baked Tilapia

Thursday, March 23

Soup: Creamy Parsnip
Chicken with Tomatoes & Capers or Pork Roulade
Cauliflower or Seasoned Greer Beans
Seasoned Orzo & Basil or Steakhouse Fries

Catch of the Day: Snapper Francaise

Saturday, March 25

Soup: Chicken & Vegetable
Lamb Shanks or Sweet n Sour Chicken
Lima Beans or Baby Bok Choy
Orzo with Lemon & Sage or Basmati Rice

Catch of the Day: Poached Sole

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 2

Turn over for more
dining information

Dining Home Delivery Menus, Information & Announcements

Standard Home Delivery Menu March 20 to March 26, 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	Italian Sub Seafood Salad
TUESDAY	Baked Teriyaki Chicken Wings Chef Salad
WEDNESDAY	Turkey, Tomato, Mozzarella & Basil Panini Cottage Cheese /Fruit Plate
THURSDAY	Tacos/Refried Beans Chicken Caesar Salad
FRIDAY	All Natural Umami Turkey Patty Allergens: Mushroom & Tomatoes Tuna Salad
SATURDAY	Broccoli Cheese Quiche

Week 2

DINING ROOM FOOD POLICY WHAT'S INCLUDED WITH YOUR DINNER

APPETIZER:	Choice of juice or soup
SALAD BAR:	Selections from the salad bar (see note 1)
BREAD:	Choice of one roll or one muffin
MAIN ENTRÉE:	Choice one
VEGETABLE:	Choice of one plus a starch
DESSERT:	Choice of one (see note 2)
BEVERAGE:	Choice of coffee, tea or milk

Note 1: Applesauce, prunes, pineapple chunks, molded fruit gelatin, puddings, and custards are an extension of our salad bar and should not be considered a dessert.

Note 2: Any fresh fruit, e.g. apple, banana, orange, is considered a dessert.

When eating in the Dining Room, take-out containers will not be available when going through the line. If you cannot finish your meal, your server will bring a container to your table.

***THERE WILL BE A CHARGE FOR A SECOND ENTRÉE**

**Please Make Reservation 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

Food for Thought – Week 2

March 20 through March 26

	Serving Size-oz	Calories	Total Fat g	Choles- terol mg	Sodium mg	Total Carbs g	Fiber g	Protein
<i>Monday – March 20</i>								
Vegetarian Lentil Soup	6 oz	83	2	2	121	13	3	3
Vegetable Lasagna	1 3x3	294	14	61	862	26	3	19
Rotisserie Chicken	5 oz	251	14	92	227	0	0	29
Broiled Rainbow Trout	4 oz	242	18	58	217	1	0	20
Roasted Root Vegetables	½ cup	199	5	0	299	36	5	3
Julienne Vegetables	4 oz	128	9	0	318	12	3	1
Gluten Free Pasta	½ cup	181	2	0	250	36	1	3
Herbed Cous Cous	½ cup	156	0	0	310	32	2	5
Light Lunch – Italian Sub	1 each	361	18	40	812	30	1	21

Tuesday – March 21

Leek & Potato Soup	6 oz	245	13	1	279	30	4	4
London Broil	6 oz	370	16	178	2374	0	0	56
Sauteed Scallops	6 oz	147	2	44	813	7	0	22
Baked Tilapia	3 oz	117	3	57	66	0	0	23
Sauteed Spinach	½ cup	55	2	0	127	7	4	5
Sweet Cut Corn	4 oz	85	3	6	281	15	2	2
Red Potatoes	½ cup	149	1	0	1124	34	2	3
Mushroom Risotto	½ cup	222	9	22	171	32	1	4
Light Lunch – Baked Teriyaki Chicken Wings	5 oz	304	15	96	1562	8	0	32

Wednesday – March 22

Beef Barley Soup	6 oz	86	2	18	215	11	3	7
Liver w/Bacon & Onions	6 oz	327	18	371	759	13	1	28
Chicken & Biscuits	6 oz	615	23	182	771	37	1	62
Grouper Almondine	4 oz	240	8	58	372	15	1	25
Brussels Sprouts	½ cup	57	3	0	90	8	4	3
Roasted Butternut Squash	½ cup	120	4	10	136	22	3	2
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 – Turkey, Tomato, Mozzarella & Basil Panini	4 oz	358	11	76	1518	35	4	28

Thursday – March 23

Creamy Parsnip Soup	6 oz	225	16	40	231	20	5	4
Chicken w/Tomatoes & Capers	6 oz	430	24	87	369	15	1	34
Pork Roulade	4 oz	577	24	213	1355	40	4	49
Snapper Francaise	6 oz	454	22	259	221	8	1	53
Cauliflower	½ cup	21	0	0	19	4	3	2
Seasoned Green Beans	½ cup	45	2	0	94	6	3	1
Seasoned Orzo & Basil	½ cup	163	5	0	167	26	1	5
Steakhouse Fries	½ cup	133	4	0	301	23	2	2
Light Lunch – Tacos	2 each	480	23	97	1682	38	8	32
Refried Beans	½ cup	124	4	0	457	17	5	6

Friday – March 24

	Serving Size	Calories	Total Fat g	Choles-terol mg	odium m	Total Carbs g	Fiber g	Protein
Manhattan Clam Chowder	6 oz	33	0	3	350	7	2	1
Blackened Chicken Alfredo	8 oz	1033	45	278	2114	98	4	59
Garlic Toast	1 slice	3	7	0	218	17	1	3
Fried Fisherman's Platter	1 serving	369	20	150	627	16	0	31
Grilled Mahi Mahi	4 oz	211	12	92	277	1	0	23
Sauteed Zucchini	½ cup	35	2	0	104	3	1	1
Coin Cut Carrots	4 oz	53	3	0	147	7	3	1
Fettuccini w/Sauce	½ cup	503	5	0	249	96	5	17
Steak Fries	½ cup	133	4	0	301	23	2	2
Light Lunch - Turkey Patty	1 each	282	11	26	1043	35	2	10

Saturday – March 25

Chicken & Vegetable Soup	6 oz	77	1	9	94	12	3	6
Lamb Shanks	6 oz	703	44	275	190	7	1	65
Sweet & Sour Chicken	8 oz	317	4	78	755	39	2	31
Poached Sole	3 oz	173	13	44	456	1	0	12
Lima Beans	½ cup	115	4	10	135	15	3	6
Baby Bok Choy	½ cup	37	2	0	177	3	1	2
Orzo w/Lemon & Sage	½ cup	163	5	0	167	26	1	5
Basmati Rice	½ cup	217	4	0	894	41	2	4
Light Lunch - Broccoli Cheese Quiche	4 oz	616	33	169	752	56	6	25

Sunday – March 26

Tomato & Basil Bisque	6 oz	290	18	43	347	32	10	7
Fried Shrimp	8 oz	412	21	235	585	20	1	36
Beef Brisket	6 oz	283	11	108	182	5	0	38
Grilled Salmon	4 oz	568	38	202	320	2	0	50
Steamed Broccoli	½ cup	45	2	0	161	5	3	3
Capri Blend Vegetables	½ cup	65	2	0	60	11	3	3
Macaroni & Cheese	4 oz	300	15	39	438	32	1	10
Baked Sweet Potato	1 whole	130	0	0	83	30	5	2
Daily – Baked Chicken	6 oz	232	15	92	376	0	0	22
Baked Fish	4 oz	190	2	146	713	0	0	40

