

Patio Dining Room Menu

April 24 through April 30, 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 24

Heart Healthy

Soup: Garden Vegetable
Turkey Chili or Pasta Primavera
Spring Blend Vegetables or
Sautéed Kale & Spinach
Mediterranean Couscous or
Basmati Rice w/Lemon & Sage

Catch of the Day: Baked Haddock

Wednesday, April 26

Soup: Mulligatawny
Curried Chicken or Jerk Pork Tenderloin
Vegetable Stir Fry or Seasoned Greens
Jasmine Rice or Baked Sweet Potato w/Cinnamon

Catch of the Day: Broiled Snapper

Friday, April 28

Soup: Pasta Fagioli
Chicken Romano or Veal Scallopini
Squash Medley or Broccoli & Cauliflower Blend
Linguini Marinara or Mushroom Risotto or Grits

Catch of the Day: Fried Catfish

Sunday, April 30

Soup: Manhattan Clam Chowder
Mixed Green Salad
Roast Beef or Coq Au Vin
Creamed Spinach or Sautéed Mushrooms & Onions
Buttermilk Mashed Potatoes or Tri-Color Rotini

Catch of the Day: Grouper Almondine

Tuesday, April 25

Soup: Chicken Tortilla
Shrimp Scampi or Beef Brisket
Italian Vegetable Blend or String Beans
Rigatoni w/Sauce or Steakhouse Fries

Catch of the Day: Stuffed Flounder

Thursday, April 27

Soup: Roasted Red Pepper
Shepherd's Pie or Half Roasted Chicken
Calico Corn or Normandy Blend Vegetables
Lyonnais Potatoes or Creamy Mac & Cheese

Catch of the Day: Baked Basa

Saturday, April 29

Soup: Chicken & Rice
Rosemary Pork Loin or Hungarian Goulash
Braised Red Cabbage or Vegetable Blend
Parslied New Potatoes or Buttered Noodles

Catch of the Day: Broiled Mahi Mahi

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 4

Turn over for more
dining information

Dining Home Delivery Menus, Information & Announcements

Standard Home Delivery Menu April 24 to April 30, 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	Salisbury Steak Seafood Salad
TUESDAY	Fish and Chips Chef Salad
WEDNESDAY	Chicken Tenders Cottage Cheese/Fruit Plate
THURSDAY	Veggie Pizza Chicken Caesar Salad
FRIDAY	Chicken Pita Egg Salad
SATURDAY	Tuna Melt

Week 4



Now offers Upscale Dinners

Mon-Fri from 4pm-8pm.

* 8 entrees including:

Soy Ginger Glazed Salmon,

Beef Tenderlion Au Poivre,

Pasta Primavera (vegetarian) & More.

*Entrees include bread, choice of 2 side dishes (salad and soup may be substituted) and non-alcoholic beverages.

* Residents can use their Meal Plan account. (as always at the Bistro) to offset the extra charge.

* Wine & Beer also available separately.

Dessert available for \$4.95 each

NY Style Cheesecake or Chocolate Molten Cake

Kitchen Tour

The next Kitchen Tour will be held
TUESDAY, MAY 9TH 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

Please Join Us For



EVERY THURSDAY

4:00 - 5:30 P.M.

LAKESIDE

DINING ROOM

No Reservation needed,
First Come, First Served



Food for Thought – Week 4

April 24 through April 30

	Serving Size-oz	Calories	Total Fat g	Choles- terol mg	Sodium mg	Total Carbs g	Fiber g	Protein
<i>Monday – April 24</i>								
Garden Vegetable Soup	6 oz	80	1	1	272	17	4	2
Turkey Chili	8 oz	268	6	41	741	32	9	22
Pasta Primavera	6 oz	338	13	56	784	45	5	12
Baked Haddock	4 oz	176	12	53	375	1	0	16
Spring Blend Vegetable	½ cup	27	2	0	27	2	1	1
Sauteed Kale & Spinach	½ cup	37	2	0	207	5	2	3
Mediterranean Couscous	½ cup	263	1	0	147	57	5	8
Basmati Rice w/Lemon & Sage	½ cup	217	4	0	894	41	2	4
Light Lunch – Salisbury Steak	6 oz	424	24	101	1768	13	2	38

Tuesday – April 25

Chicken Tortilla Soup	6 oz	197	8	45	280	15	2	17
Shrimp Scampi	4 oz	232	12	214	188	4	0	28
Beef Brisket	6 oz	283	11	108	182	5	0	38
Stuffed Flounder	1 each	333	6	50	381	49	3	19
Italian Vegetable Blend	½ cup	75	2	0	46	12	4	3
String Beans	½ cup	45	2	0	94	6	3	1
Rigatoni w/Sauce	½ cup	503	5	0	249	96	5	17
Steakhouse Fries	½ cup	133	4	0	301	23	2	2
Light Lunch – Fried Fish	4 each	314	18	32	456	25	2	12
Chips	½ cup	148	6	0	443	23	2	2

Wednesday – April 26

Mulligatawny	6 oz	182	3	31	698	27	4	15
Curried Chicken	½ cup	223	11	71	141	6	0	24
Jerk Pork Tenderloin	6 oz	556	19	75	523	73	25	38
Broiled Snapper	4 oz	202	13	36	229	1	0	20
Stir Fry Vegetables	½ cup	38	2	0	100	4	0	1
Seasoned Greens	½ cup	39	2	0	35	4	3	3
Jasmine Rice	½ cup	86	2	2	379	14	2	3
Baked Sweet Potato w/Cinnamon	1 whole	130	0	0	83	30	5	2
Light Lunch – Chicken Tenders	6 oz	408	23	61	896	25	3	25

Thursday – April 27

Roasted Red Pepper Soup	6 oz	242	17	44	497	25	4	3
Shepherd's Pie	6 oz	501	27	123	317	26	3	38
Half Roasted Chicken	5 oz	251	14	92	227	0	0	29
Grilled Basa	4 oz	190	2	146	713	0	0	40
Calico Corn	½ cup	90	2	0	15	18	2	2
Normandy Blend Vegetables	½ cup	35	2	0	38	4	2	1
Lyonnais Potatoes	½ cup	86	2	0	313	16	3	2
Macaroni & Cheese	4 oz	300	15	39	438	32	1	10
Light Lunch – Veggie Pizza	1 slice	272	13	35	693	26	3	15

Friday – April 28

	Serving Size	Calories	Total Fat g	Cholesterol mg	Sodium mg	Total Carbs g	Fiber g	Protein
Pasta Fagioli	6 oz	306	11	8	530	34	8	19
Chicken Romano w/Linguini	1 cup	539	26	186	1071	34	3	40
Veal Scaloppini	3 oz	121	4	61	210	5	1	16
Fried Catfish	6 oz	304	11	93	597	20	1	28
Squash Medley	½ cup	35	2	0	18	4	1	1
Broccoli & Cauliflower Blend	½ cup	21	0	0	19	4	3	2
Linguini Marinara	½ cup	503	5	0	249	96	5	17
Mushroom Risotto	½ cup	222	9	22	171	32	1	4
Grits	6 oz	118	5	12	447	18	1	2
Light Lunch – Chicken Pita	6 oz	494	18	125	659	39	3	42

Saturday – April 29

Chicken & Rice Soup	6 oz	71	1	5	85	13	3	3
Rosemary Pork Medallions	3 oz	201	10	59	148	5	0	22
Hungarian Goulash	½ cup	192	6	71	389	10	0	24
Grilled Mahi Mahi	4 oz	211	12	92	277	1	0	23
Braised Red Cabbage	½ cup	108	8	20	315	10	4	2
Spring Vegetable Blend	½ cup	27	2	0	27	2	1	1
Parslied New Potatoes	4 oz	198	3	8	688	39	7	4
Buttered Noodles	½ cup	142	5	28	108	20	1	4
Light Lunch – Tuna Melt	½ cup	403	26	60	698	25	2	19

Sunday – April 30

Manhattan Clam Chowder	6 oz	33	0	3	350	7	2	1
Roast Beef	3 oz	181	7	77	190	1	0	30
Coq Au Vin	4 oz	310	16	82	682	7	1	25
Grouper Almondine	4 oz	240	8	58	372	15	1	25
Creamed Spinach	4 oz	215	16	42	309	12	4	9
Sauteed Mushrooms & Onions	½ cup	41	2	0	99	4	1	2
Buttermilk Mashed Potatoes	½ cup	82	3	6	343	11	1	3
Tri-Color Rotini	½ cup	171	3	0	170	31	2	6
Daily – Baked Chicken	6 oz	232	15	92	376	0	0	22
Baked Fish	4 oz	190	2	146	713	0	0	40

