

Our seasonal menu is always changing, but the classics and resident favorites can always be found. A registered dietitian and nutritionist regularly reviews our menus to ensure healthy foods are available, and residents can also choose from a selection of other foods as well. Below is a sample weekly menu:

Breakfast

- *Fresh fruit*
- *Eggs, made to order*
- *Choice of breakfast meats*
- *Toast, muffins, pastries or English Muffins*
- *Oatmeal or Grits*
- *Choice of drinks, including juices and milk*
- *Coffee*

Lunch

- *Baby spinach salad with shaved chicken, toasted walnuts, sliced peaches and your choice of dressing*
- *Nova platter - toasted bagel and cream cheese, Nordic smoked salmon, lettuce, tomato, onion*
- *Margherita flatbread - fresh mozzarella, basil, and tomato on grilled naan bread with a side of black bean and corn salad*
- *Grilled pastrami sandwich - toasted marble rye topped with thousand island dressing, thin sliced pastrami, sauerkraut and melted Swiss cheese*
- *House made egg salad served on a flaky butter croissant with iceberg lettuce, tomato and red onion*

Dessert

- *Fresh fruit*
- *Jello*
- *Ice Cream selection*
- *Sorbet selection*
- *Fresh baked cookies*
- *Pies*
- *Cakes*

Dinner

- *Cilantro lime roasted chicken*
- *Blackened and seared Mahi Mahi*
- *Chicken enchiladas - braised and shredded chicken wrapped in a flour tortilla topped with tomatoes, cheese and sauce*
- *Manicotti - ricotta Parmesan cheese blend wrapped in pasta and topped with savory pasta sauce*
- *Cioppino - seafood stew with white fish, clams, mussels, and shrimp in a tomato, fennel and white wine sauce*
- *Stuffed peppers - braised ground beef with mixed with jasmine rice, tomatoes and peppers, accompanied by marinara sauce*
- *Roasted turkey breast topped with turkey Dijon pan sauce, served with a side of creamy mashed potatoes and roasted vegetable medley*
- *Seared Atlantic salmon topped with a lemon thyme beurre blanc*
- *Crispy fried chicken, served with a spicy honey glaze on the side*
- *Smoked white fish salad*
- *London Broil - red wine braised top round of beef with baby vegetables served in a red wine beef sauce*

