



dinner menu

Week of January 10th

All options are served with: *Choice of Artisan Bread, Fresh Fruit or Canned Fruit, *Choice of Soup, *Choice of Weekly Salad or Starter Salad, and Featured Dessert.

Artisan Bread

Monday: Garlic Breadstick

Tuesday: Assorted Rolls

Wednesday: French Roll

Thursday: Cornbread Muffin

Friday: Wheat Roll

Fresh Fruit ♥

Monday: Whole Apple

Tuesday: Mixed Grapes

Wednesday: Clementines

Thursday: Mixed Fruit

Friday: Mixed Berries

**Applesauce & Canned Mandarin Oranges, Peaches & Fruit Cocktail also available.*

Soup

(Choice of One)

Weekly: Vegetarian Mixed Bean & Roasted Pepper

Monday: Lemon Chicken Rice **R**

Tuesday: Cheesy Broccoli

Wednesday: Ham & Bean

Thursday: Cheeseburger

Friday: Country Vegetable **R**

**Canned reduced sodium soups also available.*

Starters

Vegetable Power Slaw w/Poppy Seed Dressing **GF**

Romaine Salad (w/o Chicken)

Cottage Cheese ♥

Ice Cream

Vanilla **Chocolate**

Cappuccino Crunch

NSA Moose Tracks

♥ Heart Healthy

R Reduced Sodium

GF Gluten Free

Daily Entrée Selections

1/10 Monday

Option 1: Broiled Orange Roughy ♥ w/Hollandaise Sauce served with Herb Roasted Potatoes ♥ and Baked Squash ♥

Option 2: Beef Stroganoff w/Mushroom Gravy over Egg Noodles served with Steamed Green Beans ♥

Featured Dessert: Apple Crisp Ala Mode w/Cinnabon Ice Cream

1/11 Tuesday

Option 1: Baked Lemon Pepper Whitefish ♥ **GF** w/Tartar Sauce on the Side served with Steamed Redskin Potatoes ♥ and Citrus Glazed Carrots

Option 2: Roast Turkey Breast ♥ **GF** w/Cranberry Sauce served with Mashed Potatoes & Gravy, Baked Herb Stuffing, and Roasted Brussel Sprouts ♥

Featured Dessert: Tapioca Pudding topped w/Mango

1/12 Wednesday

Option 1: Seared Seasoned Salmon ♥ **GF** w/Fresh Lemon served with Roasted Yellow Potatoes ♥ and Steamed Asparagus ♥

Option 2: Sliced Roast Beef Au Jus **GF** served with Mashed Potatoes & Gravy and Buttered Peas

Featured Dessert: Fruits of the Forest Pie

1/13 Thursday

Option 1: Fried Fisherman's Platter w/Shrimp, Cod, Clams & Calamari w/Lemon & Tartar Sauce on the side served with Hushpuppies and Creamy Coleslaw

Option 2: BBQ Pork Tenderloin **GF** served with Baked Beans w/Bacon and Garlic Okra & Tomatoes

Featured Dessert: Nutt'n Better Ice Cream Bar

1/14 Friday

Option 1: Lobster & Cheese Stuffed Ravioli w/Gulf Shrimp, Peas & Lobster Saffron Cream Sauce

Option 2: Braised Curry Coconut Chicken Thigh served with Steamed White Rice ♥ and Broccoli, Sugar Snap Peas, Mixed Peppers, Baby Corn & Water Chestnuts ♥

Featured Dessert: Pound Cake w/Lemon Icing

Additional Entrée Selections

Options 3 - 6 listed on back of menu.

dinner menu

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All options are served with: *Choice of Artisan Bread, Fresh Fruit or Canned Fruit,
*Choice of Soup, *Choice of Weekly Salad or Starter Salad, and Featured Dessert.

Artisan Bread

Saturday: Assorted Rolls

Sunday: Assorted Rolls

Fresh Fruit ♥

Saturday: Fruit Cocktail

Sunday: Mixed Fruit

*Applesauce & Canned Mandarin
Oranges, Peaches & Fruit Cocktail also
available.

Soup

(Choice of One)

Weekly: Vegetarian Mixed Bean &
Roasted Pepper

Saturday: Asian Beef

Sunday: Chicken Dumpling

*Canned reduced sodium soups also
available.

Starters

**Vegetable Power Slaw w/Poppy Seed
Dressing** Ⓜ

Romaine Salad (w/o Chicken)

Cottage Cheese ♥

Ice Cream

Vanilla **Chocolate**

Cappuccino Crunch

NSA Moose Tracks

♥ Heart Healthy

Ⓜ Reduced Sodium

Ⓜ Gluten Free

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.
Alert staff to any allergies or dietary needs.

Saturday, January 15th

Option 1: Baked Crab Cake Sandwich w/Lettuce,
Tomato & Mustard on the side served with French Fries
and Fruit Salad ♥

Option 2: Kielbasa & Kraut Bake Ⓜ served with
Roasted Cauliflower ♥ and Cinnamon Applesauce ♥

Featured Dessert: Ice Cream Sandwich

Sunday, January 16th

Option 1: Baked Ham Steak Ⓜ served with Cheesy
Au gratin Potatoes and Steamed Mixed Vegetables ♥

Option 2: Lasagna w/Tomato Meat Sauce served
with Steamed Mixed Vegetables ♥

Featured Dessert: Chocolate Pudding Sundae

Additional Entrée Selections

Option 3 (Vegetarian): Picatta Pasta w/Fresh Broccoli,
Mushrooms & Artichokes in a White Wine, Lemon Caper
Butter Sauce served with Fresh Vegetables ♥

Option 4: Romaine Salad - *Fresh romaine lettuce, grilled
chicken breast, garbanzo beans, tomatoes, cucumber
parmesan cheese & seasoned croutons. Served with honey
mustard dressing on the side.*

Option 5: Italian Sausage, Pepper & Onion Hoagie on
a Toasted Bun served with Potato Chips

Option 6: Shredded Chicken Soft Tacos w/Cheese,
Lettuce & Tomato Salsa served with Mexican Rice
w/Peas ♥

We have changed our Curbside Pick Up location!

Beginning Monday, January 3, 2022, the new location will be located around the back side of
the main building under the new awning. The details are as follows:

- Please enter from the south Meadows parking lot entrance, and exit north, going towards the
Meadows Assisted Living main entrance. Helpful traffic flow signs are located on the white
fences.
- Please pull up to the sign that states “Curbside Pick Up Parking Only” and a server will bring
your meal(s) out to you. For safety reasons, always stay in your car when picking up your
meals.
 - Curbside Pick Up times remain the same. Monday - Friday, 5:00pm or 6:00pm, and as
always, Curbside service is free of charge.