



dinner menu

Week of January 17th

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: Cranberry Walnut Bread

Tuesday: White Roll

Wednesday: Knot Roll

Thursday: Hawaiian Roll

Friday: Wheat Roll

Fresh Fruit ♥

Monday: Pineapple & Mango

Tuesday: Whole Banana

Wednesday: Tropical Fruit Salad

Thursday: Orange Wedges

Friday: Whole Apple

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

Soup

(Choice of One)

Weekly: Turkey Wild Rice

Monday: Corn Chowder

Tuesday: Asian Vegetable **R**

Wednesday: Rubeen Chowder

Thursday: Chicken Noodle **R**

Friday: Butternut Squash

**Canned reduced sodium soups also available.*

Starters

Warm Spinach & Artichoke Dip
w/Pita Triangles

Southwest Salad (w/o Chicken)

Cottage Cheese ♥

Ice Cream

Vanilla **Chocolate**

Cappuccino Crunch

NSA Moose Tracks

Daily Entrée Selections

1/17 Monday

Option 1: Chilled Shrimp Cocktail ♥ w/Cocktail Sauce served with Wild Rice Pilaf and Steamed Peas & Carrots ♥

Option 2: Hungarian Goulash w/Egg Noodles served with Steamed Green Beans ♥

Featured Dessert: Baked Lattice Apple Pie w/Vanilla Ice Cream

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1/18 Tuesday

Option 1: Mongolian Beef w/Mixed Peppers, Mushrooms, Green Onion & Sesame Seeds served with Brown Rice ♥

Option 2: Baked Chicken Thighs ♥ **GF** served with Mashed Potatoes & Chicken Gravy and Roasted Asparagus ♥

Featured Dessert: Peppermint Ice Cream

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1/19 Wednesday

Option 1: Baked Cod **GF** w/Tomato, Basil, Garlic & Lemon ♥ served with a Baked Potato ♥ w/Sour Cream and Steamed Broccolini ♥

Option 2: Spaghetti & Meatballs w/Marinara Sauce served with Roasted Zucchini & Tomatoes ♥

Featured Dessert: Jellyroll Cream Cake w/Blueberry Sauce

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1/20 Thursday

Option 1: Seared Fish Tacos w/Cilantro Crema & Cabbage Slaw served with French Fried Potatoes and Roasted Citrus Carrots ♥

Option 2: Chicken Cordon Bleu w/Swiss Cheese Sauce served with Mashed Potatoes ♥ and Steamed Mixed Vegetables ♥

Featured Dessert: Mocha Mousse Cake

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1/21 Friday

Option 1: Seafood Stew w/Fish, Shrimp, Mussels & Clams in a Tomato Saffron Broth ♥ **GF** served with Steamed New Potatoes ♥ and Garlic Bread

Option 2: Sloppy Joe Sandwich on a Fresh Baked Bun served with Fried Onion Rings and Italian Vinaigrette Cabbage Coleslaw

Featured Dessert: Peanut Butter Pie

♥ Heart Healthy

R Reduced Sodium

GF Gluten Free

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 & Sunday: Mixed Fruit

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

Soup

(Choice of One)

Weekly: Turkey Wild Rice

Saturday: Vegetable Beef **R**

Sunday: Split Pea w/Ham

*Canned reduced sodium soups also
available.

Starters

**Warm Spinach & Artichoke Dip
w/Pita Triangles**

Southwest Salad (w/o Chicken)

Cottage Cheese ♥

Ice Cream

Vanilla **Chocolate**

Cappuccino Crunch

NSA Moose Tracks

Saturday, January 22nd

Option 1: Grilled Bratwurst Topped w/Pickled Red
Cabbage **GF** served with Spatzle Dumplings and Roasted
Cauliflower ♥

Option 2: BBQ Beef Brisket **GF** served with Baked
Beans and Buttered Corn

Featured Dessert: Carrot Cake

Sunday, January 23rd

Option 1: Ham Salad Croissant served with Loaded
Potato Salad and Fresh Fruit Garnish ♥

Option 2: White Chicken Lasagna w/Mozzarella
Cheese served with Steamed California Vegetable
Blend ♥

Featured Dessert: Lemon Bars

Additional Entrée Selections

Option 3: Vegetarian Burger w/Lettuce, Tomato, Onion
& Special Sauce served with Seasoned Tater Tots

Option 4: Southwest Salad - *Fresh mixed greens, grilled
chicken breast, cucumber, tomato, black beans, corn &
tortilla chips. Served with southwest ranch dressing on the
side.*

Option 5: Home Made Beef Stew w/Carrots, Onion &
Celery served over Mashed Potatoes ♥

Option 6: Grilled Tuna (Medium Rare) w/Compound
Garlic Butter **GF** served with Roasted Potatoes ♥ and Fresh
Vegetables ♥

♥ Heart Healthy

R Reduced Sodium

GF 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.

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.