



Assisted Living
SAMPLE MENU

SeniorStar.com/Dublin

MondayTuesday

Choice of Cold Cereal

Egg of Choice
Sausage
Fruit

Milk/Beverage/Juice

Choice of Cold Cereal

Egg of Choice
Bacon
Danish
Fruit

Milk/Beverage/Assorted Juice

WednesdayThursday

Choice of Cold Cereal

Egg of Choice
Waffle
Sausage
Fruit

Milk/Beverage/Assorted Juice

Choice of Cold Cereal

Egg of Choice
Bacon
Toast
Fruit

Milk/Beverage/Assorted Juice

FridaySaturday

Choice of Cold Cereal

Egg of Choice
Sausage
Scone
Fruit

Milk/Beverage/Assorted Juice

Choice of Cold Cereal

Oatmeal
Bacon
Danish
Fruit

Milk/Beverage/Assorted Juice

Sunday

Egg of Choice
Biscuit & Sausage Gravy
Fruit
Milk/Beverage/Assorted Juice



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SAMPLE MENU

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Monday

Loaded Potato Soup

Grilled Cranberry Turkey Sandwich
Fruit

*****Dessert*****
Assorted Cookies

Tuesday

Cabbage Soup

Sloppy Joe on a Bun
Fruit

*****Dessert*****
Spiced Cupcake

Wednesday

Turkey & Wild Rice Soup

Bacon Grilled Cheese
Fruit

*****Dessert*****
Brownie Bites

Thursday

Stuffed Pepper Soup

Chicken Quesadilla
Fruit

*****Dessert*****
Assorted Cookies

Friday

Tomato Basil Soup

Grilled Ham & Cheese Sandwich
Fruit

*****Dessert*****
Ice Cream Bar

Saturday

Vegetable Soup

BBQ Pork Sandwich
Fruit

*****Dessert*****
Chocolate Mousse

Sunday

Chicken Vegetable Soup
Tuna Salad Sandwich
Fruit

*****Dessert*****
Sweet Bread



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SAMPLE MENU

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Monday

Peach Salad with Feta

Fruit Topped Pancake

***** OR *****

Egg of Choice & Bacon

*****Dessert*****

Strawberry Yogurt Parfait

Tuesday

Soup of the Day

Tuna Noodle Casserole

***** OR *****

Avocado Salad with Chicken

*****Dessert*****

Apple Cobbler

Wednesday

Side Salad

Beef Burgundy over Mashed Potatoes

***** OR *****

Shrimp Caesar Salad

Broccoli & Cauliflower

*****Dessert*****

Assorted Dessert

Thursday

Soup of the Day

Lemon Pepper Chicken

***** OR *****

Greek Salad

Pesto Pasta, Harvard Beets

*****Dessert*****

Angel Food Cake

Friday

Soup of the Day

Baked Cod

***** OR *****

Rosemary Redskins Potatoes, Corn

*****Dessert*****

Banana Bread

Saturday

Side Salad

Broccoli, Ham & Cheese Quiche

***** OR *****

Zucchini Sticks, Muffin

*****Dessert*****

Assorted Dessert

Sunday

Chef Salad

Meat Lasagna

Zucchini, Garlic Bread

*****Dessert*****

Chocolate Layer Cake