



*Assisted Living*  
**SAMPLE BREAKFAST MENU**  
[SeniorStar.com/ElmorePlace](http://SeniorStar.com/ElmorePlace)

Monday

Tuesday

Choice of Hot or Cold Cereal  
Egg of Choice  
Bacon  
Assorted Pastry Selections  
Fresh Grapes  
Wheat Toast  
  
Milk/Beverage/Assorted Juice

Choice of Hot or Cold Cereal  
Egg of Choice  
Pancakes  
Breakfast Ham Slice  
Chilled Pears  
White, Wheat or Raisin Toast  
  
Milk/Beverage/Assorted Juice

Wednesday

Thursday

Choice of Hot or Cold Cereal  
Biscuits & Sausage Gravy  
Egg of Choice  
Fresh Strawberries  
Wheat Toast  
  
Milk/Beverage/Assorted Juice

Choice of Hot or Cold Cereal  
Breakfast Bowl  
Egg of Choice  
Breakfast Ham Slice  
Tropical Fruit  
Wheat Toast  
  
Milk/Beverage/Assorted Juice

Friday

Saturday

Choice of Hot or Cold Cereal  
Breakfast Pizza  
Egg of Choice  
Wheat Toast  
Pineapple  
  
Milk/Beverage/Assorted Juice

Choice of Hot or Cold Cereal  
Ham & Cheese Omelet  
Egg of Choice  
Sausage Patty  
Wheat Toast  
Fresh Blueberries  
  
Milk/Beverage/Assorted Juice

Sunday

Choice of Hot or Cold Cereal  
Berry & Granola Yogurt Parfait  
Egg of Choice  
Sausage Links

Hash Browns  
Mandarin Oranges  
Wheat Toast  
Milk/Beverage/Assorted Juice



Assisted Living

# SAMPLE LUNCH MENU

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## Monday

Broccoli Cheese Soup  
Cranberry Glazed Turkey  
\*\*\*\*\* OR \*\*\*\*\*

Tex-Mex Chicken Chopped Salad

Herb Stuffing, Green Peas,  
Baked Roll

\*\*\*\*\*Dessert\*\*\*\*\*  
Carrot Cake w/ Frosting

## Tuesday

Cream of Mushroom Soup  
Shrimp w/Garlic Sauce  
\*\*\*\*\* OR \*\*\*\*\*

Mushroom Hamburger Steak

Herbed Rice, Malibu Blend Vegetables,  
Baked Roll

\*\*\*\*\*Dessert\*\*\*\*\*  
Frosted Spice Cake

## Wednesday

Chicken Noodle Soup  
Meatloaf  
\*\*\*\*\* OR \*\*\*\*\*

Baked Pasta with Italian Sausage

Oven Roasted Potato Medley, Roasted  
Cauliflower, Garlic Bread

\*\*\*\*\*Dessert\*\*\*\*\*  
Caramel Brownie

## Thursday

Cream of Cauliflower Soup  
Herb Roasted Pork Loin Gravy  
\*\*\*\*\* OR \*\*\*\*\*

Kielbasa w/ Peppers & Onions

Country Mashed Potatoes, California  
Blend Vegetables, Baked Roll

\*\*\*\*\*Dessert\*\*\*\*\*  
Butterscotch Bars

## Friday

Five-Bean Soup  
Oven Fried Fish  
\*\*\*\*\* OR \*\*\*\*\*

Bacon Ranch Chicken

Macaroni & Cheese, Fresh Mixed  
Vegetables, Baked Roll

\*\*\*\*\*Dessert\*\*\*\*\*  
Assorted Desserts

## Saturday

Lemon Chicken Orzo Soup  
Glazed Ham with Pineapple Sauce  
\*\*\*\*\* OR \*\*\*\*\*

Stuffed Cabbage Roll

Garlic Red Roasted Potatoes, Buttered  
Carrots, Baked Roll

\*\*\*\*\*Dessert\*\*\*\*\*  
Poke Cake

## Sunday

Baked Potato Soup  
Beef Pot Roast  
\*\*\*\*\* OR \*\*\*\*\*  
BBQ Pork Chop

\*\*\*\*\*Dessert\*\*\*\*\*  
Orange Dream Dessert

Mashed Potatoes & Gravy  
Country Green Beans with Bacon  
& Onion  
Baked Roll





# Assisted Living SAMPLE DINNER MENU

SeniorStar.com/ElmorePlace

## Monday

Broccoli Cheese Soup  
Ham & Cheddar Pinwheel Rollups  
Lemon Pepper Baked Fish

\*\*\*\*\* OR \*\*\*\*\*

Cheese Ravioli w/Meat Sauce

Broccoli & Cauliflower Salad, Classic Macaroni  
Salad, Fruit Cocktail

\*\*\*\*\*Dessert\*\*\*\*\*

Goopy Butter Bar

## Tuesday

Cream of Mushroom Soup  
Chef's Choice  
BBQ Pulled Pork on Bun

\*\*\*\*\* OR \*\*\*\*\*

Classic Grilled Cheese Sandwich

Potato Wedges, Broccoli, Fresh  
Blueberries

\*\*\*\*\*Dessert\*\*\*\*\*

Assorted Cookies

## Wednesday

Chicken Noodle Soup  
Cottage Cheese  
Chicken Broccoli Rice Casserole

\*\*\*\*\* OR \*\*\*\*\*

Cheeseburger Sliders

Tater Tot Casserole, Summer Squash  
with Onions, Pineapple Tidbits

\*\*\*\*\*Dessert\*\*\*\*\*

Red Velvet Cake

## Thursday

Cream of Cauliflower Soup  
Jell-O Salad  
Ham Salad on Wheat

\*\*\*\*\* OR \*\*\*\*\*

Spinach and Bacon Quiche

Green Beans, Chips,  
Fresh Strawberries

\*\*\*\*\*Dessert\*\*\*\*\*

Marble Cake w/ White Frosting

## Friday

Five-Bean Soup  
Tea Sandwich  
BBQ Meatballs

\*\*\*\*\* OR \*\*\*\*\*

Fried Chicken

Potato Salad, Balsamic Roasted Brussel  
Sprouts, Fresh Grapes

\*\*\*\*\*Dessert\*\*\*\*\*

Angel Peach Dessert

## Saturday

Lemon Chicken Orzo Soup  
Egg Roll  
Chicken Pasta Salad

\*\*\*\*\* OR \*\*\*\*\*

Pastrami & Swiss on Rye

Baked Potato Skins, Chef's Choice  
Vegetable, Watermelon

\*\*\*\*\*Dessert\*\*\*\*\*

Chocolate Chip Brownies

## Sunday

Baked Potato Soup  
Cheese & Crackers  
Philly Cheesesteak Sandwich

\*\*\*\*\* OR \*\*\*\*\*

Monte Cristo Sandwich

Curly Fries  
Marinated Cucumber & Onions  
Grapefruit Sections

\*\*\*\*\*Dessert\*\*\*\*\*

Chocolate Cake