



Assisted Living

SAMPLE BREAKFAST MENU

SeniorStar.com/HarrisonOn5th

Monday

Tuesday

Denver Scramble
***** OR *****
Egg of Choice
Bacon, Hash Brown Patty

Choice of Hot or Cold Cereal, Fresh Cut
Fruit, White, Wheat or Raisin Toast,
Assorted Pastries

Milk/Beverage/Assorted Juice

Biscuits & Sausage Gravy
***** OR *****
Egg of Choice
Tukey Sausage Patty, Breakfast Potatoes

Choice of Hot or Cold Cereal, Fresh Cut
Fruit, White, Wheat or Raisin Toast,
Assorted Pastries

Milk/Beverage/Assorted Juice

Wednesday

Thursday

French Waffles
***** OR *****
Egg of Choice
Sausage Link, Breakfast Potatoes

Choice of Hot or Cold Cereal, Fresh Cut
Fruit, White, Wheat or Raisin Toast,
Assorted Pastries

Milk/Beverage/Assorted Juice

Sausage, Egg & Cheese Sandwich
***** OR *****
Egg of Choice
Bacon, Hash Browns

Choice of Hot or Cold Cereal, Fresh Cut
Fruit, White, Wheat or Raisin Toast,
Assorted Pastries

Milk/Beverage/Assorted Juice

Friday

Saturday

Chocolate Chip Pancakes
***** OR *****
Egg of Choice
Tukey Sausage Patty, Breakfast Potatoes

Choice of Hot or Cold Cereal, Fresh Cut
Fruit, White, Wheat or Raisin Toast,
Assorted Pastries

Milk/Beverage/Assorted Juice

French Toast
***** OR *****
Egg of Choice
Bacon or Sausage Link, Hash Browns

Choice of Hot or Cold Cereal, Fresh Cut
Fruit, White, Wheat or Raisin Toast,
Assorted Pastries

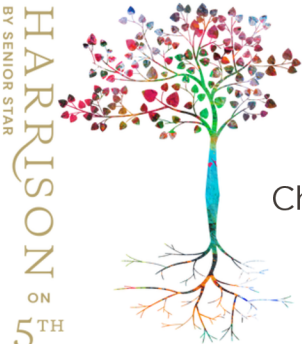
Milk/Beverage/Assorted Juice

Sunday

Blueberry Pancake
***** OR *****
Egg of Choice
Sausage Link, Breakfast Potatoes

Choice of Hot or Cold Cereal, Fresh Cut Fruit, White, Wheat or
Raisin Toast, Assorted Pastries

Milk/Beverage/Assorted Juice





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SAMPLE LUNCH MENU

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Monday

Minestrone Soup

Grilled Cheese & Tomato Sandwich
***** OR *****

Chicken Salad on Croissant

Baked Beans, Fruit of the Day

*****Dessert*****
Assorted Dessert

Tuesday

Chicken Noodle Soup

Corned Beef Rueben
***** OR *****

Tuna Melt on Wheat

Coleslaw, Fruit of the Day

*****Dessert*****
Assorted Dessert

Wednesday

Broccoli Cheese Soup

Crispy Chicken Tenders
***** OR *****

Philly Cheesesteak w/Peppers & Onions

Onion Rings or Fries, Fruit of the Day

*****Dessert*****
Assorted Dessert

Thursday

French Onion Soup

Cheese Burger
***** OR *****

Grilled Turkey & Swiss Sandwich

Steamed Baby Carrots, Fruit of the Day

*****Dessert*****
Assorted Dessert

Friday

Cream of Potato Soup

BBQ Pulled Pork Sandwich
***** OR *****
Fried Fish

Broccoli Coleslaw, Hushpuppies

*****Dessert*****
Fruit of the Day

Saturday

Italian Wedding Soup

Egg Salad on Wheat
***** OR *****

Chef's Choice Wrap w/ cheese

Cucumber & Tomato Salad, Fruit of the Day

*****Dessert*****
Assorted Dessert

Sunday

Tomato Soup

Chicken Club Sandwich
***** OR *****

Pastrami & Swiss on Rye

Butter Peas, Potato Chips, Fruit of the Day

*****Dessert*****
Assorted Dessert





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SAMPLE DINNER MENU

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Monday

Tuesday

Broccoli Cheese Soup	Cream of Mushroom Soup
Shepherd's Pie ***** OR *****	Grilled Chicken Burrito ***** OR *****
Oven Roasted Turkey with Gravy	BBQ Glazed Meatloaf
Mashed Potatoes & Gravy, Mixed Vegetables, Dinner Roll	Spanish Rice or Mashed Potatoes, Mexican corn, Dinner Roll
*****Dessert***** Angle Food Cake with Berries	*****Dessert***** Cinnamon Churros with Ice Cream

Wednesday

Thursday

Chicken Noodle Soup	Cream of Cauliflower Soup
Garlic Herbed Pork Loin ***** OR *****	Pepper Steak ***** OR *****
Beef Stroganoff over Noodles	Baked Parmesan Salmon
Sweet Potatoes, Sauteed Kale, Dinner Roll	Steamed Rice, Asparagus, Dinner Roll
*****Dessert***** Caramel Apple Dessert Bar	*****Dessert***** Marble Cake w/ White Frosting

Friday

Saturday

Five-Bean Soup	Lemon Chicken Orzo Soup
Ham with Cheery Sauce ***** OR *****	Roast Beef ***** OR *****
Fried Catfish	Smothered Chicken Breast
Lyonnaise Potatoes, Sauteed Zucchini, Mushroom & Red Peppers, Dinner Roll	Mashed Potatoes, French Style Green Beans, Dinner Roll
*****Dessert***** French Cream Cheesecake	*****Dessert***** Strawberry Cobbler

Sunday

	Baked Potato Soup	
	Chicken Teriyaki ***** OR *****	
	Cheese Enchiladas	
	Lo Mein Noodles, Sugar Snap Peas, Dinner Roll	
	*****Dessert***** Pecan Pie	

