



Assisted Living

SAMPLE LUNCH MENU

SeniorStar.com/Kenwood

Monday

Hearty Vegetable Soup

Philly Cheese Chicken Sandwich
***** OR *****

Cali Chicken Caesar Wrap
Tomato Basil Couscous Salad,
Carrots with Ranch Dressing,
Seasoned Zucchini, Wheat Roll

*****Dessert*****

Glazed Bananas

Tuesday

Chicken Noodle Soup

Vegetarian Chili
***** OR *****

Grilled Bratwurst

Dill Potato Salad, Lettuce & Tomato
Salad, Carrot Sticks, Cornbread

*****Dessert*****

Peaches & Cream

Wednesday

French Onion Soup

Turkey & Dressing Casserole
***** OR *****

Stuffed Shells & Sauce

Brussel Sprouts, Seasoned Green Beans,
Wheat Roll

*****Dessert*****

Hot Fruit Compote

Thursday

Tomato Bisque Soup

Chicken Stir-Fry
***** OR *****

Balsamic Salmon

Sesame Brown Rice, Seasoned Snap
Peas, Vegetable Egg roll

*****Dessert*****

Chai Poached Pears

Friday

Corn Chowder

Chicken Curry
***** OR *****

Beef Burrito

Fluffy Rice, Cauliflower & Red Peppers,
Calico Corn, Wheat Roll

*****Dessert*****

Chilled Mandarin Oranges

Saturday

Italian Wedding Soup

Ham Salad on Croissant
***** OR *****

Turkey Burger

Tater Tots, Lettuce Wedge w/Thousand
Island Dressing, Celery Sticks, Roll

*****Dessert*****

Fruit Gelatin

Sunday

Potato Leek Soup
Carnitas
***** OR *****

Chicken Caesar Salad w/Dressing
Ranchero Beans, Peppers & Onions,
Glazed Beets, Roll

*****Dessert*****

Oranges in Whipped Topping





Assisted Living SAMPLE DINNER MENU

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Monday

House Salad

Sweet & Savory Apple Pork

***** OR *****

Lemon Pepper Sole

Parslied Noodles, Steamed Spinach,
Broccoli & Cauliflower, Wheat Roll

*****Dessert*****

Key Lime Pie

Tuesday

Mixed Green Salad

Shepherd's Pie

***** OR *****

BBQ Chicken Drumsticks

Mashed Potatoes, Baked Squash,
Cabbage & Tomatoes, Wheat Roll

*****Dessert*****

Peach Cobbler

Wednesday

House Salad

Italian Baked Fish

***** OR *****

Pesto Turkey

Herb Orzo Pasta, Broccoli Florets,
Italian Vegetable Blend, Wheat Roll

*****Dessert*****

Blueberry Pie

Thursday

Mixed Green Salad

Hawaiian Chicken

***** OR *****

Savory Beef Tips

Fluffy Rice, Meadow Blend vegetables, Corn
Cobette, Hawaiian Roll

*****Dessert*****

Nutty Brownie

Friday

House Salad

Meatloaf & Gravy

***** OR *****

Smothered Pork Chop

Roasted Red Potatoes, Zucchini & Onions, Peas
& Carrots, Wheat Roll

*****Dessert*****

Frosted Orange Cake

Saturday

House Salad

Cranberry Chicken

***** OR *****

Vegetable Primavera

Spiral Pasta, Maple Dijon Brussel Sprouts,
Lemon Asparagus, French Bread

*****Dessert*****

Tiramisu

Sunday

House Salad

Hot Turkey Sandwich on White

***** OR *****

Salisbury Steak & Gravy

Garlic Mashed Potatoes, Parslied
Carrots, Baked Squash, Roll

*****Dessert*****

Chocolate Cream Pie





Bistro SAMPLE MENU

SeniorStar.com/Kenwood



The Kenwood Corner Bistro & Market

11:30 AM - 6:00 PM / Monday - Friday

Signature Sandwiches

Kenwood Tuna Melt

Flavorful tuna fish salad, cheddar cheese & freshly sliced tomato on sourdough

Turkey Pesto Club

Smoked turkey breast, basil pesto, leaf lettuce, avocado & bacon

Kenwood Grilled Cheese

Sourdough smothered with mayo & grilled with American and cheddar cheese, bacon, tomato & spinach

Classic Rueben

Rye, corned beef, Swiss cheese, sauerkraut & thousand island dressing

California Pastrami

Rye, coleslaw, Swiss cheese, avocado, pastrami and dressing

Kenwood Club

Choice of meat & bread with leaf lettuce, bacon, tomato

Grilled Hot Dog

100% Beef frank, available in classic, Coney or Chicago style

BYO Sandwich Bar

Bread Selection (Plain or Toasted)

White, Whole Wheat, Brioche, Flatbread, Croissant

Cheese Selection

American, Cheddar, Provolone, Swiss, Blue

Protein Selection

Smoked Turkey, Ham, Roast Beef, Tuna Salad, Chicken Salad, Egg Salad, Corned Beef, Pastrami

Accompainments

Lettuce, Onion, Tomato, Pickle, Ketchup, Mustard, Mayo, Relish, Bacon, Avocado

Kenwood's Garden

Side House Salad

Your choice of greens and sides

Chef Salad

Classic chef salad with ham, turkey, egg, tomato, cucumber and cheese

Cobb Salad

Chopped salad greens, tomato, bacon, diced chicken, egg, avocado & blue cheese

Terri's Salmon Salad

Smoked salmon, avocado, cucumber, egg and onion with dill mustard dressing

The Trio

Chicken, tuna & egg salad on a bed of romaine lettuce with sliced tomatoes

Sides

Saratoga Chips

Bag Chips

Fresh Fruit Cup

Soup of the Day

Cottage Cheese

Baked Goods

Muffins

Toast & Coconut Jam

Sweet Bread

Gourmet Cookie

Bagel

Daily Special

Monday = Chili

Tuesday = Tacos

Wednesday = Burgers

Thursday = Wraps

Friday = Chef's Choice