



Independent Living

SAMPLE BREAKFAST MENU

SeniorStar.com/Kenwood



Seven Hills Breakfast

7:30 AM - 11:30 AM

Beverages Included with your meal

Seasonal Favorites

Blueberry Pancakes

Two fresh blueberry pancakes served with blueberry compote, seasonal fruit and choice of ham, bacon or sausage

Bananas Foster

Rich buttery Rum sauce over warm fresh bananas served on a pancake with whipped topping

Biscuits & Gravy

Two fresh buttermilk biscuits served with creamy sausage gravy

The Classics

House Waffle or Sugared Belgian

One whole waffle presented with maple syrup, fresh fruit and your choice of bacon, sausage or ham

Cinnamon French Toast

Cinnamon Swirl Bread dipped in cinnamon batter served with fresh fruit and choice of bacon, sausage or ham

Roasted Potato Hash

Diced roasted potatoes, sauteed with onions, peppers, corn, diced turkey, served with twin sunny side up eggs

Hearty Delights

Seven Hills Breakfast

Two fresh eggs cooked your way with choice of bacon, ham sausage, fresh fruit, and a muffin, danish or toast

Eggs Benedict

Two lightly poached eggs, over ham on a toasted English muffin with Hollandaise sauce, choice of ham or smoked salmon.

Seven Hills Omelet

Two egg omelet served with fresh fruit and a choice of danish, toast or muffin.

Items available for omelet: Onion, Mushroom, Tomato, Green Pepper, Ham, Swiss, Cheddar, American, Provolone, Parmesan, Feta Cheese

Lighter Fare

- Oatmeal - Raisins & Brown Sugar
- Fruit Cup
- Fresh Fruit
- Yogurt Cup
- Applesauce
- Cereal
- Cottage Cheese
- English Muffin or Bagel
- Cream of Wheat
- Toast

Sides & Extra

- One Egg
- Two Strips of Bacon
- Two Sausage Patties or Links
- Two Goetta Patties
- Hashbrown
- Signature Breakfast Potatoes
- Plain or Cheese Grits
- Blueberry, Apple, Cheese Muffin or Danish
- Pancake
- French Toast
- Waffle



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SAMPLE LUNCH MENU

SeniorStar.com/Kenwood



Seven Hills Lunch

11:30 AM - 2:00 PM

Sandwich Favorites & Specialties

Soup & Half Sandwich

Soup of the day with choice of half a club, grilled ham & cheese, tuna, chicken, or egg salad sandwich or build your own

Classic Reuben

Corned Beef, sauerkraut, thousand island dressing on marble rye bread

Veggie Burger

Hearty veggie burger served with spinach, tomato, banana peppers, pickles, feta cheese on a brioche bun

Beef Franks

Gourmet Angus beef grilled hot dog served with sweet relish & onions

Soup & Salad

House salad or Caesar salad & soup of the day

Turkey Rachel

Smoked carved turkey, coleslaw, swiss cheese, and a touch of thousand island on grilled sourdough bread

The Kenwood Burger

Angus beef, turkey or veggie grilled your way on a toasted brioche with lettuce, tomato, pickle, sautéed mushrooms and your choice of side

Chicken Tenders

Three breaded chicken tenders served with french fries or onion rings

House Salad

Fresh house greens, with your choice of cheese and accompaniment

Sides

Skin on Fries

Onion Rings

Sweet Potato Waffle Fries

Coleslaw

Broccoli Slaw

Fruit Cup

Side Salad

Kenwood's Garden

The Maurice

Shredded Iceberg topped with turkey, ham, cheddar & swiss cheese, egg, cucumber, tomatoes & gherkin

Strawberry Spinach Salad

Fresh spinach, sliced strawberries, walnuts, bacon, blue cheese crumbles & balsamic dressing

Smoked Salmon Plate

Smoked salmon, shredded lettuce with sliced tomatoes, chopped red onions, egg, & capers. Served with a toasted bagel

Chicken Caesar Salad

Grilled chicken, romaine lettuce, shredded parmesan cheese, tomato, & croutons

Sandwich Bar

Bread Selection (Plain or Toasted)

White, Wheat, Sourdough, Rye, Brioche, Flatbread, Bagel, Croissant

Cheese Selection

American, Cheddar, Provolone, Swiss

Protein Selection

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

Accompainments

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



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SAMPLE DINNER MENU

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Seven Hills Dinner

5:30 PM - 7:15 PM

Starters

Daily Soup Specials

Avocado Slices

Shrimp Cocktail

House Salad

Caesar Salad

Romaine Lettuce, croutons, shredded Parmesan cheese and Caesar dressing

Cobb Salad

Mixed greens, grilled chicken, avocado, bacon, egg, tomatoes, and blue cheese dressing

Daily Specials

change daily & includes soup or salad, two sides and beverage

Chicken Florentine

Savor our Chicken Florentine; tender chicken breasts smothered in a creamy garlic, mushroom, spinach and white wine sauce.

Seafood Pasta Primavera

Indulge in tender fish, hearty mushrooms and fresh vegetables, served atop Angel Hair pasta and finished off with Parmesan cheese.

Dinner Classics

Grilled Salmon with Mango Sauce

6oz. perfectly grilled Atlantic salmon filet, topped with tangy and tropical mango salsa

Blackberry Balsamic Chicken

Succulent grilled chicken glazed with a tangy blackberry balsamic reduction

Farmers Burger

Quarter-pound Angus beef topped with melted cheddar, crispy bacon, fresh lettuce, tomato and an over easy egg

Stuffed Peppers

Roasted bell peppers fill with a savory blend of rice, beef, tomato and herbs topped with marinara sauce

Pasta Bolognese

Al dente pasta smothered in a rich, slow-cooked meat sauce crafted with ground beef, tomatoes and a touch of Parmesan

Sweet Treats

Daily Dessert Specials

Rocky Road Brownie

Fruit Cup

Sugar Free Gelatin or Pudding

Assorted Cookies

Fudge Brownie

Sides

Angel Hair Pasta

Meadow Vegetable Medley

Tri-Color Cauliflower

Parslied Carrots

Sautéed Spinach

Roasted Squash

Coconut Rice

Parmesan Truffle Fries

Mashed Potatoes

Corn O'Brien



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

Senior Star Adventures

SAMPLE MENU

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Themed Dinner

5:30 PM - 7:15 PM

Hot Appetizers

Wild Prairie Bites (Manitoba)

Perogies filled with potato and cheddar, topped with sour cream and caramelized onions

West Coast Dip (British Columbia)

House-smoked salmon dip served with toasted baguette slices & fresh dill

Maple Candied Bacon

Thick-cut bacon glazed with maple syrup & spices

Poutine (Quebec)

Crispy hand-cut fries smothered in savory gravy topped with fresh cheese curds

Soups & Salads

Kenwood Maple Salad

Mixed Greens, roasted butternut squash, dried cranberries, candied pecans, & goat cheese tossed in a maple balsamic vinaigrette

Creamy Seafood Chowder

Brimming with clams, mussels, potatoes & fresh herbs served with toasted baguette

Butternut Squash Soup

Creamy butternut soup with a hint of nutmeg, garnished with fresh chives

House Salad

Fresh greens, cherry tomatoes, cucumbers, carrots, red onions, vinaigrette

Dinner Specials

Alberta's Finest

Grilled Alberta Beef tenderloin with wild mushroom sauce, Yukon gold roasted garlic mashed potatoes & seasonal vegetables topped with wild truffle shavings

The Prairie Gourmet

A juicy bison burger topped with creamy brie, caramelized onions, arugula, and Juneberry compote on a toasted brioche bun served with duck fat fries

Tourtiere

Traditional French-Canadian meat pie filled with ground pork and beef served with a side salad

Atlantic Treasure

Fresh Nova Scotia Lobster roll with a side of Prince Edward Island potato salad and a cup of seafood chowder

Poulet Roti Au Miel et a la Lavande

Roasted chicken seasoned with lavender & honey, served with a side of wild rice pilaf & roasted root vegetables

Jigg's Dinner

Hearty Newfoundland boiled dinner with salt beef, cabbage, carrots, turnips & dumplings.

Sweet Treats

Nanaimo Bar

A decadent no-bake treat (British Columbia) with layers of chocolate, custard & coconut

Butter Tart

Miniature tart with classic maple filling, gooey & sweet with a flaky crust

Sides

Yukon Mashed Potatoes

Seasonal Root Vegetables

Maple Glazed carrots

Prince Edward Island Potato Salad

Duck Fat Fries