



Memory Care & Support

# SAMPLE BREAKFAST MENU

SeniorStar.com/Kenwood

Monday

Tuesday

- Hot or Cold Cereal

Egg of Choice

Bacon

Honey Butter Biscuit

Fresh Fruit Cup

Milk/Beverage/Assorted Juice
- Choice of Cold Cereal

Banana Split Oatmeal

Sausage Patty

Toast

Fresh Fruit Cup

Milk/Beverage/Assorted Juice

Wednesday

Thursday

- Hot or Cold Cereal

Sausage Patty

Brioche French Toast w

with syrup

Fresh Fruit Cup

Milk/Beverage/Assorted Juice
- Hot or Cold Cereal

Cheese Omelet

Bacon

Toast

Fresh Fruit Cup

Milk/Beverage/Assorted Juice

Friday

Saturday

- Hot or Cold Cereal

Biscuit

Sausage Gravy

Hash Browns

Fresh Fruit Cup

Milk/Beverage/Assorted Juice
- Hot or Cold Cereal

Fried Egg

Bacon

Cinnamon Toast

Fresh Fruit Cup

Milk/Beverage/Assorted Juice

Sunday

- Hot or Cold Cereal

Oatmeal

Scrambled Eggs

Sausage Patty

Donut

Fresh Fruit Cup

Milk/Beverage/Assorted Juice





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**SAMPLE LUNCH MENU**

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Monday

Tuesday

Hearty Vegetable Soup	Chicken Noodle Soup
Philly Cheese Chicken Sandwich ***** OR *****	Vegetarian Chili ***** OR *****
Cali Chicken Caesar Wrap	Grilled Bratwurst
Tomato Basil Couscous Salad, Carrots with Ranch Dressing, Seasoned Zucchini, Wheat Roll	Dill Potato Salad, Lettuce & Tomato Salad, Carrot Sticks, Cornbread
*****Dessert***** Glazed Bananas	*****Dessert***** Peaches & Cream

Wednesday

Thursday

French Onion Soup	Tomato Bisque Soup
Turkey & Dressing Casserole ***** OR *****	Chicken Stir-Fry ***** OR *****
Stuffed Shells & Sauce	Balsamic Salmon
Brussel Sprouts, Seasoned Green Beans, Wheat Roll	Sesame Brown Rice, Seasoned Snap Peas, Vegetable Egg roll
*****Dessert***** Hot Fruit Compote	*****Dessert***** Chai Poached Pears

Friday

Saturday

Corn Chowder	Italian Wedding Soup
Chicken Curry ***** OR *****	Ham Salad on Croissant ***** OR *****
Beef Burrito	Turkey Burger
Fluffy Rice, Cauliflower & Red Peppers, Calico Corn, Wheat Roll	Tater Tots, Lettuce Wedge w/Thousand Island Dressing, Celery Sticks, Roll
*****Dessert***** Chilled Mandarin Oranges	*****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





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## 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

