



Assisted Living

**SAMPLE BREAKFAST MENU**

SeniorStar.com/WexfordPlace

Monday

Tuesday

|   |   |
|---|---|
| Choice of Cold Cereal<br>Fruit Danish                           | Choice of Cold Cereal<br>French Toast                           |
| Oatmeal<br>Egg of Choice<br>Bacon or Breakfast Sausage<br>Toast | Oatmeal<br>Egg of Choice<br>Bacon or Breakfast Sausage<br>Toast |
| Milk/Beverage/Juice   | Milk/Beverage/Assorted Juice                                    |

Wednesday

Thursday

|   |   |
|---|---|
| Choice of Cold Cereal<br>Breakfast Corned Beef Hash             | Choice of Cold Cereal<br>Glazed Donut                           |
| Oatmeal<br>Egg of Choice<br>Bacon or Breakfast Sausage<br>Toast | Oatmeal<br>Egg of Choice<br>Bacon or Breakfast Sausage<br>Toast |
| Milk/Beverage/Assorted Juice                                    | Milk/Beverage/Assorted Juice                                    |

Friday

Saturday

|   |   |
|---|---|
| Choice of Cold Cereal<br>Glazed Scones                          | Choice of Cold Cereal<br>Hash Brown Triangle                    |
| Oatmeal<br>Egg of Choice<br>Bacon or Breakfast Sausage<br>Toast | Oatmeal<br>Egg of Choice<br>Bacon or Breakfast Sausage<br>Toast |
| Milk/Beverage/Assorted Juice                                    | Milk/Beverage/Assorted Juice                                    |

Sunday

|   |
|---|
| Choice of Hot or Cold Cereal<br>Biscuit & Sausage Gravy |
| Oatmeal<br>Egg of Choice<br>Bacon<br>Toast              |
| Milk/Beverage/Assorted Juice                            |



# Assisted Living SAMPLE LUNCH MENU

[SeniorStar.com/WexfordPlace](http://SeniorStar.com/WexfordPlace)

## Monday

Corn Chicken Chowder

Honey Garlic Chicken Thighs

Cheesy Rice

Balsamic Roasted Brussel Sprouts

Dinner Roll

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

Strawberry Shortcake

## Tuesday

Creamy Tomato Bisque

Roast Beef

Mashed Potatoes & Gravy

Mixed Vegetables

Dinner Roll

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

Mississippi Mud Cake

## Wednesday

Cheesy Potato Soup

Crusted Pork Loin

Baked Beans

Corn Casserole

Dinner Roll

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

Fresh Fruit Parfait

## Thursday

Minestrone Soup

Chicken Parmesan

Buttered Penne Pasta

Buttered Peas

Dinner Roll

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

Apple Crisp

## Friday

Taco Soup

Fish of the Day

Creamy Risotto

Braised Collard Greens

Dinner Roll

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

Ice Cream Fudge Bar

## Saturday

Italian Wedding Soup

Cuban Style Pork Chop

Red Beans & Rice

Fried Okra

Dinner Roll

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

Chocolate Mousse

## Sunday

Wisconsin Cheese Soup

Brown Sugar Meatloaf

Baked Potato w/ Sour Cream & Butter

Buttered Carrots

Garlic Toast

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

Banana Cream Pie





# Assisted Living SAMPLE DINNER MENU

[SeniorStar.com/WexfordPlace](http://SeniorStar.com/WexfordPlace)

## Monday

Soup of the Day

Turkey Club on Croissant  
Baked Sweet Potato  
Harvard Beet Salad

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

Sherbet

## Tuesday

Soup of the Day

Chicken Stir Fry  
Lo Mein Noodles  
Steamed Broccoli

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

Mandarin Orange Fluff

## Wednesday

Soup of the Day

Classic Patty Melt  
Seasoned tater Tots  
Marinated Fresh tomato Salad  
Fruit of the Day

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

Blueberry Cobbler

## Thursday

Soup of the Day

Chicago Style Hot Dog  
Crispy Tater Tots  
Diced Fire Grilled Artichoke Hearts  
Fruit of the Day

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

S'mores Brownie

## Friday

Soup of the Day

Philly Cheesesteak Hoagie  
Baked Potato  
Zucchini & Stewed Tomatoes  
Fresh Cut Pineapple

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

Assorted Cookies

## Saturday

Soup of the Day

BBQ Meatballs  
Red Potato Salad  
Cauliflower with Cheese Sauce  
Fruit of the Day

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

Fruit Crisp

## Sunday

Soup of the Day  
Bratwurst on Bun  
Bacon Ranch Pasta Salad, Fried Green  
Beans, Watermelon

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

Chocolate Mousse