



Independent Living

SAMPLE LUNCH MENU

SeniorStar.com/WexfordPlace

Monday

Salad Bar
Ham & Bean Soup

Fried Pork Loin Sandwich w/ LTO
House Chips
Fresh Fruit

*****Dessert*****
Assorted Desserts

Tuesday

Salad Bar
Soup of the Day

Beef & Cheese Enchilada
Mexican Rice
Fresh Fruit

*****Dessert*****
Root beer Float

Wednesday

Salad Bar
Tomato Basil Soup

Crab Salad w/ Crackers
Baby Mozzarella & Tomatoes
Fresh Fruit

*****Dessert*****
Rice Crispy Treat

Thursday

Salad Bar
Chicken Noodle Soup

Gyro on Pita w/Feta & Cucumber Sauce
Potato Salad
Fresh Fruit

*****Dessert*****
Glazed Lemon Cake

Friday

Salad Bar
Creamy Vegetable Soup

Jumbo Fried Shrimp
Pineapple Cole Slaw
Seasoned Fries

*****Dessert*****
Assorted Desserts

Saturday

Salad Bar
Cabbage & Beef Soup

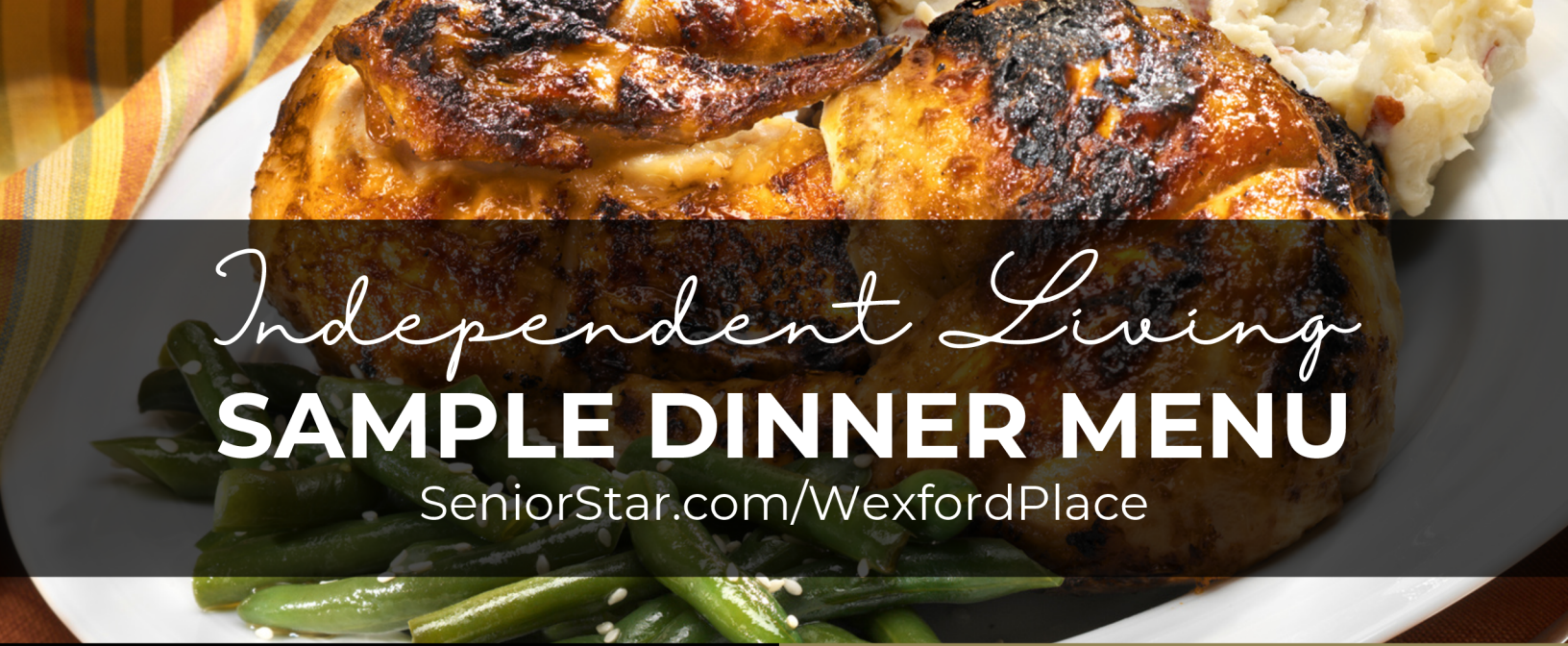
All Beef Hotdog on Bun
Baked Beans
Fresh Fruit

*****Dessert*****
Apple Cake

Sunday

Salad Bar
Beef Barley Soup
Swedish Meatballs
Buttered Penne Pasta
Fresh Fruit

*****Dessert*****
Assorted Cakes & Pies



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SAMPLE DINNER MENU

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Monday

Tuesday

Soup / Roll / Fruit / Side Salad

Soup / Roll / Fruit / Salad

3 Bean Beef Chili w/ Onions & Cheese
***** OR *****

Pork Loin w/ Apple Sauce
***** OR *****

Chicken Breast w/ Pesto Cream Sauce

Beef Cube Steak w/ Tomato Sauce

Scalloped Potatoes, Asparagus Tips, Cornbread

Yams, Rice Pilaf, Squash Medley

*****Dessert*****
Cinnamon Rolls

*****Dessert*****
Pineapple Upside Down Cake

Wednesday

Thursday

Soup / Roll / Fruit / Side Salad

Soup / Roll / Fruit / Side Salad

Turkey Pot Pie
***** OR *****

Penne & Sausage w/ Vodka Sauce
***** OR *****

Supreme Pizza Slice

Beef Pot Roast

Garlic Toast, Buttered Carrots,
Beets

Candied Yams, Creamed Spinach, Capri
Vegetable Blend

*****Dessert*****
Lemon Bar

*****Dessert*****
Apple Pie

Friday

Saturday

Soup / Roll / Fruit / Side Salad

Soup / Fruit / Side Salad

Chicken Carbonara w/ Cream & Bacon
***** OR *****

Philly Cheesesteak on Bun
***** OR *****

Lemon Pepper Baked Salmon

BBQ Ribs

Stewed Tomatoes, Brussel Sprouts, Fried
Green Beans

Steak Fries, Kernel Corn, Roasted
Cauliflower

*****Dessert*****
Peach Crisp

*****Dessert*****
Carrot Cake

Sunday

Soup / Fruit / Side Salad

Grapes & Nuts Chicken Salad on
Croissant w/ Tomato & Lettuce
Macaroni Salad

*****Dessert*****
Fresh Baked Cookies