

**Sample Menu at the Gardens Assisted Living Communities <sup>1</sup>**

<b>Breakfast Specials</b>	<b>Lunch Specials</b>	<b>Alternative Lunch</b>	<b>Dinner Specials</b>	<b>Alternative Dinner</b>	<b>Evening Snacks</b>
<b>Sunday</b> Cereal of Choice Egg of Choice Toast	<b>Sunday</b> Roast Beef Baked Potato Salad Pineapple Cake	<b>Sunday</b> Seasoned Tilapia Cous Cous Seasoned Broccoli	<b>Sunday</b> BBQ Pork on Bun Baked Beans Cole Slaw Cinnamon Apples	<b>Sunday</b> Quiche Hash Browns Muffin	<b>Sunday</b> Fruit Drink Vanilla Wafers
<b>Monday</b> Cereal of Choice Egg of Choice Bacon Biscuit	<b>Monday</b> Baked Fish Hash Brown Casserole Green Beans Coconut Cream Pie	<b>Monday</b> Turkey Meat Loaf Rice Baby Carrot Coconut Cream Pie	<b>Monday</b> Beef Stroganoff With Noodles Broccoli Dinner Roll Applesauce	<b>Monday</b> Chicken Tenders Onion Rings Toss Salad Rosy Applesauce	<b>Monday</b> Fruit Drink Assorted Cookies
<b>Tuesday</b> Cereal of Choice Egg of Choice Pancakes Margarine Syrup	<b>Tuesday</b> Honey Mustard Chicken Garden Rice Green Peas Citrus Twist	<b>Tuesday</b> Baked Manicotti Marinara Sauce Italian Veggies Citrus Twist	<b>Tuesday</b> Polish Sausage Steak Fries Seasoned Squash Cherry Crisp	<b>Tuesday</b> Hamburger on Bun Baked Beans Relish Plate Cherry Crisp	<b>Tuesday</b> Fruit Drink Assorted Cookies
<b>Wednesday</b> Cereal of Choice Egg of Choice Cinnamon Toast	<b>Wednesday</b> Chopped Steak Gravy Baked Potato Salad Lemon Cake	<b>Wednesday</b> Pork Roast Sweet Potato Steamed Cabbage	<b>Wednesday</b> Vegetable Soup Turkey Sandwich Beets Chilled Peaches	<b>Wednesday</b> Salmon Croquettes Wild Rice Green and Gold Beans	<b>Wednesday</b> Fruit Drink Vanilla Wafers
<b>Thursday</b> Cereal of Choice Egg of Choice	<b>Thursday</b> Sugar Ham Lima Beans Calico Slaw Corn Bread Chocolate Chip	<b>Thursday</b> Country Fried Steak/Gravy Potato Wedges Vegetables Chocolate Chip	<b>Thursday</b> Lasagna Toss Salad Garlic Bread Emerald Pears	<b>Thursday</b> Chicken Salad Sandwich Potato Salad Lettuce/Tomato Emerald Pears	<b>Thursday</b> Fruit Drink Graham Crackers
<b>Friday</b> Cereal of Choice Egg of Choice Muffin	<b>Friday</b> Fried Chicken Mashed Potatoes Beans Sherbet	<b>Friday</b> Baked Fish Corn O'Brien Spinach Casserole Sherbet	<b>Friday</b> Cream Broccoli Soup Tuna Salad Cucumbers Fruit Cup	<b>Friday</b> Pizza Caesar Salad Fruit Cup	<b>Friday</b> Fruit Drink Assorted Cookies
<b>Saturday</b> Cereal of Choice Egg of Choice	<b>Saturday</b> Peach Pork Rice Vegetables Cheese Cake	<b>Saturday</b> Sliced Turkey Gravy Mashed Potatoes	<b>Saturday</b> Veal with Gravy Potatoes Veggies Strawberries Bananas	<b>Saturday</b> Seafood Salad Tomato Wedges Strawberries and Bananas	<b>Saturday</b> Fruit Drink Vanilla Wafers

<sup>1</sup> All meals served with assortment of beverages, breads, and other accoutrements