

LOOKOUT RIDGE RETIREMENT COMMUNITY
Spring/Summer Menu

	WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Choice of Juice – Apple, Cranberry, Orange, Prune, Peach							
B R K F A S T	CEREAL	Assorted Cold Cereals Oatmeal	Assorted Cold Cereals Oatmeal	Assorted Cold Cereals Oatmeal	Assorted Cold Cereals Oatmeal	Assorted Cold Cereals Oatmeal	Assorted Cold Cereals Oatmeal	Assorted Cold Cereals Oatmeal
	FEATURE BREAD SPREADS FRUIT	Scallion Omelet/Muffin Toast (White or W.W.) Ass't Jams/Peanut Butter Banana	Poached Egg Toast (White or W.W.) Ass't Jams/Peanut Butter Banana	Scrambled Egg/Fruit Toast (White or W.W.) Ass't Jams/Peanut Butter Banana	Waffles & Sausage Toast (White or W.W.) Ass't Jams/Peanut Butter Banana	Poached Egg Toast (White or W.W.) Ass't Jams/Peanut Butter Banana	Danish/Cheese/Fruit Cup Toast (White or W.W.) Ass't Jams/Peanut Butter Banana	Scrambled Egg/Bacon Toast (White or W.W.) Ass't Jams/Peanut Butter Banana
L U N C H D I N N E R	SOUP Alternate	Chicken Noodle Rstd Pepper & Tomato	Cream of Cauliflower Chicken Noodle	Split Pea and Ham Cream of Mushroom	Cream of Carrot Split Pea and Ham	Turkey Wild Rice Cream of Tomato	Cream of Vegetable Italian Wedding	Harvest Vegetable Cream of Chicken
	ENTRÉE CHOICES	Grilled Cheese Sandwich with Cherry Tomato	Mandarin Salad, Almonds, Cranberry, Poppyseed Vin	Toasted BLT on Multigrain with Mayo, Cucumber	Beef Pot Pie with Gravy	Sweet & Sour Chicken on Asian Noodles	Western Omelet on a Croissant, B&B Pickle	Cod Nuggets with French Fries and Tartar Sauce
	ALT. ENTRÉE	Deli Chicken Sandwich with Cherry Tomato	Corned Beef Sandwich - Olives	Sliced Turkey Sandwich, Cucumber	Egg Salad Sandwich – Sliced Red Pepper	Salami Sandwich with Pickled Beets	Tomato & Cheddar Sandwich with B&B Pickle	Sliced Ham Sandwich - Dill Pickle
	DESSERT	Mixed Fruit Cocktail DIAB- Fruit Cup	Cinnamon Coffee Cake DIAB – Coffee Cake	Apple Sauce and Cookie DIAB-Apple Sauce/Cookie	Sliced Pears DIAB- Sliced Pears	Assorted Fresh Fruit DIAB- Fresh Fruit	Diced Peaches DIAB- Diced Peaches	Assorted Dessert Loaf DIAB- Dessert Loaf
	SALAD	Chef Salad & dressing	Chef salad & dressing	Chef salad & dressing	Chef Salad & dressing	Chef salad & dressing	Chef Salad & Drsg.	Chef salad & dressing
	ENTRÉE CHOICES	Baked Salmon with Buttermilk Dill Sauce	Chicken Breast with Sundried Tomato Cream	Glazed Baby Back Ribs with Orange Slices	Maple Dijon Chicken Thighs	Baked Tilapia with Hollandaise Sauce	Roasted Pork Tenderloin with Apple Sauce	Roast Beef with Yorkshire Pudding, and Horseradish
	ALT. ENTREE	Open-Faced Hot Roast Beef Sandwich with Gravy	Breaded Veal with Lemon Parsley Sauce	Potato/Cheese Perogie, Sour Cream, Chives	Swedish Meatballs with Gravy	Cheeseburger with Tomato and Lettuce	Homemade Lasagna with Garlic Bread	Turkey Schnitzel with Cranberry Sauce
	POTATO	Steamed Potatoes	Baked Potato, Sour Cream	Scalloped Potatoes	Mashed Potatoes	Baked Potato, Sour Cream	Parisienne Potatoes	Whipped Potatoes
	VEGETABLE	Montego Mix	Buttered Squash	Kalebonzo Blend	Steam Broccoli/Cauliflower	Corn on the Cobb	Buttered Asparagus	Yellow Waxed Beans
	DESSERT	Caramel Rage Cake DIAB- Cake	French Cream Cheesecake DIAB - Cake	Chef's Choice Dessert DIAB- Dessert	Assorted Cupcake DIAB – Cake	Coconut Cream Pie DIAB - Pie	Eclair DIAB - Cake	Apple Pie DIAB-Crumble

ALTERNATE DESSERT CHOICES DAILY: Yogurt, Canned Fruit, Jello, Pudding