

Landmark Senior Living - Sample Menu

♥ = HEART HEALTHY ★ = SUGAR RESTRICTED
 LOW SODIUM/LOW FAT = HEART HEALTHY LOW/NO SUGAR = SUGAR RESTRICTED

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Breakfast</i> OMELETTE HOME FRIED POTATOES A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> FRENCH TOAST SAUSAGE LINK A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> POACHED (DROPPED) EGGS CORNED BEEF HASH A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> BELGIAN WAFFLE BACON A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> BREAKFAST SANDWICH HAM A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> PANCAKES SAUSAGE A LA CARTE BREAKFAST MENU</p>	<p><i>Breakfast</i> EGGS BENEDICT HAM A LA CARTE BREAKFAST MENU</p>
<p><i>Lunch</i> HEARTY VEGETABLE SOUP</p> <p>TURKEY DINNER MASHED POTATOES W/GRAVY BUTTERNUT SQUASH</p> <p>BEEF FLANK W/SOY GLAZE ♥ MASHED POTATOES W/GRAVY BUTTERNUT SQUASH ASSORTED ROLLS</p> <p>ALWAYS AVAILABLE MENU DUTCH APPLE PIE</p>	<p><i>Lunch</i> TOMATO BARLEY SOUP</p> <p>BEEF STROGANOFF EGG NOODLES GARLIC & TOMATO KALE</p> <p>CRUNCHY CORNFLAKE FISH ♥ EGG NOODLES GARLIC & TOMATO KALE ASSORTED ROLLS</p> <p>ALWAYS AVAILABLE MENU SUGAR FREE GINGERBREAD ★</p>	<p><i>Lunch</i> ITALIAN WEDDING SOUP</p> <p>SHRIMP SCAMPI ANGEL HAIR PASTA ASPARAGUS</p> <p>CHICKEN MARSALA ♥ ANGEL HAIR PASTA ASPARAGUS ASSORTED ROLLS</p> <p>ALWAYS AVAILABLE MENU COCONUT CREAM PIE</p>	<p><i>Lunch</i> BEEF NOODLE SOUP</p> <p>GRILLED PORK CHOP W/GRAVY SWEET POTATOES ROASTED BRUSSEL SPROUTS</p> <p>TURKEY BREAST W/SAUCE ♥ SWEET POTATOES ROASTED BRUSSEL SPROUTS ASSORTED ROLLS</p> <p>ALWAYS AVAILABLE MENU BROWNIE A LA MODE</p>	<p><i>Lunch</i> TURKEY BEAN SOUP</p> <p>FRIED CHICKEN YUKON GOLD POTATOES GREEN BEANS</p> <p>LEMON GINGER BEEF ♥ YUKON GOLD POTATOES GREEN BEANS ASSORTED ROLLS</p> <p>ALWAYS AVAILABLE MENU FRUIT OF THE FOREST PIE ★</p>	<p><i>Lunch</i> LENTIL SOUP</p> <p>SHEPHERDS PIE SAUTEED SPINACH & RED ONIONS</p> <p>SALMON W/MAPLE GLAZE ♥ CONFETTI RICE SAUTEED SPINACH & RED ONIONS ASSORTED ROLLS</p> <p>ALWAYS AVAILABLE MENU OATMEAL COOKIE</p>	<p><i>Lunch</i> CLAM CHOWDER</p> <p>AMERICAN CHOP SUEY GARLIC BREAD GARDEN SALAD</p> <p>PORK TENDERLOIN ♥ MASHED POTATOES W/GRAVY GARDEN SALAD ASSORTED ROLLS</p> <p>ALWAYS AVAILABLE MENU ICE CREAM</p>
<p><i>Dinner</i> TOMATO BARLEY SOUP</p> <p>MEAT & CHEESE LASAGNA GARLIC BREAD ROASTED CAULIFLOWER</p> <p>GRILLED HAM & CHEESE POTATO CHIPS COLE SLAW</p> <p>BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU</p> <p>SPICED PEACHES ICE CREAM</p>	<p><i>Dinner</i> ITALIAN WEDDING SOUP</p> <p>CHICKEN SALAD SANDWICH TATER TOTS CARROT & RAISIN SALAD</p> <p>MANICOTTI GARLIC BREAD SPRING VEGGIE MEDLEY</p> <p>BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU</p> <p>GELATIN W/ WHIPPED CREAM ICE CREAM</p>	<p><i>Dinner</i> BEEF NOODLE SOUP</p> <p>PANCAKES W/FRUIT TOPPING HAM OR SAUSAGE</p> <p>VEGETABLE QUESADILLA RICE & BEANS</p> <p>BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU</p> <p>FRESH PINEAPPLE ASSORTED ICE CREAM</p>	<p><i>Dinner</i> TURKEY BEAN SOUP</p> <p>PHILLY STEAK & CHEESE GERMAN POTATO SALAD CAESAR SALAD</p> <p>CHICKEN CUTLET GERMAN POTATO SALAD CAESAR SALAD</p> <p>BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU</p> <p>CHOCOLATE CAKE & ICE CREAM</p>	<p><i>Dinner</i> LENTIL SOUP</p> <p>SPAGHETTI W/ITALIAN SAUSAGE GARLIC BREAD BROCCOLI</p> <p>FISH FILET SANDWICH FRENCH FRIED POTATOES BROCCOLI</p> <p>BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU</p> <p>SUGAR FREE VANILLA PUDDING ICE CREAM</p>	<p><i>Dinner</i> CLAM CHOWDER</p> <p>BEEF TIPS DIJONNAISE MASHED POTATOES ROASTED ASPARAGUS</p> <p>BAKED COD MASHED POTATOES ROASTED ASPARAGUS ♥</p> <p>BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU</p> <p>LEMON COOKIE & ICE CREAM</p>	<p><i>Dinner</i> MINESTRONE SOUP</p> <p>HOT DOG W/BROWN BREAD BAKED BEANS</p> <p>TUNA MELT FRENCH FRIED POTATOES</p> <p>BAKED CHICKEN OR FISH ♥ ALWAYS AVAILABLE MENU</p> <p>ASSORTED DESSERT ASSORTED ICE CREAM</p>