

# CARE ONE

TRUST IN OUR CARE

## Sample Menus



**Monday**

# Lunch Menu

## **Starter**

Tomato and Cucumber Salad

## **Soups**

Vegetable Consommé

Mushroom Barley

## **Entrées**

Italian Sausage

*Served with buttered pasta and sauteed spinach*

Stuffed Cabbage

*Served with roasted baby carrots*

Salmon Gravlax

*Served with bagel, lettuce, tomato, onion, and cream cheese*

## **Desserts**

Strawberry Shortcake

Sugar-Free Assorted





**Monday**

# **Dinner Menu**



## **Starter**

Shrimp Cocktail

## **Soups**

Chicken Consommé  
Mushroom Barley

## **Entrées**

Belgian Waffle

*Served with strawberry topping, hash browns, and sausage links*

Grilled Flank Steak

*Served with roasted red bliss potatoes and Brussels Sprouts*

Grilled Chicken Sandwich

*Served with multigrain bread, lettuce, and tomato*

## **Desserts**

New York Cheesecake  
Sugar-Free Cheesecake



**Tuesday**

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# Lunch Menu

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## **Starter**

Pasta Salad

## **Soups**

Vegetable Consommé

Turkey and Rice

## **Entrées**

Baked Stuffed Shells

*Served with garlic bread and steamed peas*

Beef Stroganoff

*Served with egg noodles and roasted asparagus*

Chef Salad

*Served with ham, hard-boiled eggs, olives, lettuce, tomato, onion, and carrots*

## **Desserts**

Fresh Fruit Cobbler

Sugar-Free Ice Cream



**Tuesday**

# **Dinner Menu**

## **Starter**

Pigs in a Blanket

## **Soups**

Chicken Consommé

Turkey and Rice



## **Entrées**

Panko-Crusted Pork Chops

*Served with mashed potatoes and California blend vegetables*

Baked Lemon Chicken

*Served with orzo pilaf and sauteed spinach*

Seafood Salad

*Served over lettuce, tomato, onion, and carrots*

## **Desserts**

Blueberry Pie

Sugar-Free Fruit Cocktail





**Wednesday**

## **Lunch Menu**

### **Starter**

Arugula and Onion Salad

### **Soups**

Chicken Consommé  
Corn Chowder



### **Entrées**

Tilapia Veracruz

*Served with steamed white rice and sauteed spinach*

Chicken Lo Mein

*Served with stir-fried vegetables and egg roll*

Veggie Burger

*Served with lettuce, tomato, onion, potato salad, and coleslaw*



### **Desserts**

Vanilla White Cake  
Sugar-Free Fruit Cocktail

**Wednesday**

# **Dinner Menu**

## **Starter**

Broccoli and Cheese Bites

## **Soups**

Vegetable Consommé

Corn Chowder

## **Entrées**

Baked Cheese Manicotti

*Served with steamed broccolini*

Braised Beef Brisket

*Served with au gratin potatoes and roasted carrots*

Ham and Swiss

*Served on white bread with lettuce, tomato, onion, and rotini pasta salad*

## **Desserts**

Banana Cream Pie

Sugar-Free Pudding

