

SINGLE DAY FRONT OF HOUSE MENU (REGULAR) House indicated with ** please check box for selection

BREAKFAST	LUNCH	DINNER
<p><u>Choose Fruit or Juice</u></p> <p><input type="checkbox"/> Canned Apricots and Peaches OR</p> <p><input type="checkbox"/> *Tomato Juice*</p> <p><u>Choose Hot or cold Cereal</u></p> <p><input type="checkbox"/> *Wheat Berry Pudding* OR</p> <p><input type="checkbox"/> Assorted Cold Cereal</p> <p><u>Choose an Entree</u></p> <p><input type="checkbox"/> Blueberry Waffles topped with blueberry compote <i>Whole wheat Belgian style waffle topped with a berry compote</i> OR</p> <p><input type="checkbox"/> *Veggie Scramble* <i>Scramble with green onions, mushrooms, zucchini, bell peppers, topped with fresh tomatoes and shredded Mozzarella cheese</i></p> <p><u>Choose a side</u></p> <p><input type="checkbox"/> Seared Greens <i>Kale and Spinach seared with garlic, olive oil, a dash of soy sauce, and topped with lemon juice</i> OR</p> <p><input type="checkbox"/> *Yogurt* <i>Non-fat Greek Yogurt topped with walnuts nuts and berries</i> OR</p> <p><input type="checkbox"/> Apple Strudel OR</p> <p><input type="checkbox"/> Toasted Rye Bread, or Sour Dough</p> <p><u>Circle a Beverage</u></p> <p>Coffee Regular or *decaf* Tea: green or herbal Milk Water</p>	<p><u>Choose Soup or Salad</u></p> <p><input type="checkbox"/> *Spinach Lentil Soup* <i>Soup made with onion, carrot, celery, tomatoes, and assorted lentils</i> OR</p> <p><input type="checkbox"/> Arugula salad <i>Arugula with tomatoes, shredded carrot, avocado, topped with dried cherries and walnuts served with a side of balsamic vinaigrette</i></p> <p><u>Choose an Entree</u></p> <p><input type="checkbox"/> *Grilled Salmon * <i>Grilled Salmon cooked with olive oil garlic and leeks, topped with lemon juice</i> OR</p> <p><input type="checkbox"/> Chana Masala <i>Garbanzo beans, carrots, tomatoes swimming in a special sauce made of Indian spices. Not Spicy (hot sauce available)</i></p> <p><u>Choose a Vegetable</u></p> <p><input type="checkbox"/> Eggplant <i>Marinated in a balsamic vinegar and spice bath, grilled then topped with Parmesan cheese and tomato sauce</i> OR</p> <p><input type="checkbox"/> *Steamed Mushrooms* <i>Assorted mushrooms steamed to perfection and full of flavor!</i></p> <p><u>Choose a Starch</u></p> <p><input type="checkbox"/> Couscous <i>Wheat based north African staple, has a toasted nutty flavor and served with a creamy mushroom sauce</i> OR</p> <p><input type="checkbox"/> *Wild Rice* <i>This local favorite is full of color, flavor, and nutrition and pairs great with everything. Served with a creamy artichoke sauce.</i></p> <p><u>Choose a Dessert</u></p> <p><input type="checkbox"/> White Chocolate macadamia nut cookie OR</p> <p><input type="checkbox"/> *Fresh Raspberries *</p> <p><u>Assorted bread (optional)</u></p> <p><input type="checkbox"/> Sourdough <input type="checkbox"/> Whole wheat and rye</p> <p><u>Circle a Beverage</u></p> <p>Coffee Regular or decaf, Tea: *green* or herbal, Milk, Water</p>	<p><u>Choose Soup or Salad</u></p> <p><input type="checkbox"/> *Beet Soup* <i>Polish inspired borscht soup made of beet broth full of shredded veggies including celery, onions, leek, carrots, (dab of sour cream optional)</i> OR</p> <p><input type="checkbox"/> Creamy Cucumber Salad <i>Thinly sliced cucumbers dressed with a sweet creamy sauce and dill</i></p> <p><u>Choose a Entree</u></p> <p><input type="checkbox"/> Turkey breast with Gravy OR</p> <p><input type="checkbox"/> *Lentil Loaf *</p> <p><u>Choose a Side</u></p> <p><input type="checkbox"/> Corn OR</p> <p><input type="checkbox"/> *Steamed Green Beans*</p> <p><u>Choose a Starch</u></p> <p><input type="checkbox"/> Creamy Mashed Potatoes with Dill OR</p> <p><input type="checkbox"/> *Mashed Sweet Potatoes*</p> <p><u>Choose a Dessert</u></p> <p><input type="checkbox"/> Cranberry Sauce OR</p> <p><input type="checkbox"/> *Baked spiced Pears *</p> <p><u>Assorted bread (optional)</u></p> <p>Sourdough Whole wheat and rye</p> <hr/> <p><u>Circle a Beverage</u></p> <p>Coffee decaf Tea: *herbal*, Milk, Water</p>

SINGLE DAY FRONT OF HOUSE MENU FOR DYSPHAGIA) House indicated with ** please check box for selection

BREAKFAST	LUNCH	DINNER
<p><u>Choose Fruit or Juice</u></p> <p><input type="checkbox"/> Canned Apricots and Peaches OR</p> <p><input type="checkbox"/> *Tomato Juice*</p> <p><u>Choose Hot or cold Cereal</u></p> <p><input type="checkbox"/> *Wheat Berry Pudding* OR</p> <p><input type="checkbox"/> Assorted Cold Cereal</p> <p><u>Choose an Entree</u></p> <p><input type="checkbox"/> *Blueberry Waffles with blueberry compote* <i>Whole wheat Belgian style fluffy waffle topped with a berry compote</i> OR</p> <p><input type="checkbox"/> Veggie Scramble <i>Scramble with shredded green onions, zucchini, bell peppers, mushrooms, topped with fresh tomatoes and jack cheese</i></p> <p><u>Choose a side</u></p> <p><input type="checkbox"/> Seared Greens <i>Kale and Spinach seared with garlic, olive oil, a dash of soy sauce, and topped with lemon juice</i> OR</p> <p><input type="checkbox"/> *Yogurt* <i>Non-fat Greek Yogurt topped with cherry compote</i> OR</p> <p><input type="checkbox"/> Apple Strudel OR</p> <p>Assorted Toast OR</p> <p><input type="checkbox"/> Toasted Rye Bread, or Sour Dough</p> <p><u>Circle a Beverage</u> Coffee Regular or *decaf* Tea: green or herbal, Milk, Water</p>	<p><u>Choose Soup or Salad</u></p> <p><input type="checkbox"/> *Blended Lentil Soup* <i>Soup made with onion, carrot, celery, tomatoes, and assorted lentils</i> OR</p> <p><input type="checkbox"/> Arugula salad <i>Shredde,d slightly seared baby arugula with tomatoes, shredded carrot, avocado, served with a side of balsamic vinaigrette</i></p> <p><u>Choose an Entree</u></p> <p><input type="checkbox"/> *Grilled Salmon * <i>Grilled Salmon cooked with olive oil garlic and leeks, topped with lemon juice</i> OR</p> <p><input type="checkbox"/> Chana Masala <i>Garbanzo beans, carrots, tomatoes swimming in a special sauce made of Indian spices. Not Spicy (hot sauce available)</i></p> <p><u>Choose a Vegetable</u></p> <p><input type="checkbox"/> *Eggplant cubes* <i>Marinated in a balsamic vinegar and spice bath, grilled then topped with Parmesan cheese and tomato sauce</i> OR</p> <p><input type="checkbox"/> Steamed Mushrooms <i>Assorted mushrooms steamed to perfection and full of flavor!</i></p> <p><u>Choose a Starch</u></p> <p><input type="checkbox"/> Couscous <i>Wheat based north African staple, has a toasted nutty flavor and served with a creamy mushroom sauce</i> OR</p> <p><input type="checkbox"/> *Wild Rice* <i>This local favorite is full of color, flavor, and nutrition and pairs great with everything. Served with a creamy artichoke sauce.</i></p> <p><u>Choose a Dessert</u></p> <p><input type="checkbox"/> *Soft White Chocolate Macadamia Nut Cookie* OR</p> <p><input type="checkbox"/> Raspberry pie <u>Assorted bread (optional)</u></p> <p><input type="checkbox"/> Sourdough <input type="checkbox"/> Whole wheat and rye</p> <p><u>Circle a Beverage</u> Coffee Regular or decaf, Tea: *green* or herbal, Milk, Water</p>	<p><u>Choose Soup or Salad</u></p> <p><input type="checkbox"/> *Blended Beet Soup* <i>Polish inspired borscht soup made of beet broth full of shredded veggies including celery, onions, leek, and carrots.</i> OR</p> <p><input type="checkbox"/> Creamy Cucumber Salad <i>Thinly sliced cucumbers dressed with a sweet creamy sauce and dill</i></p> <p><u>Choose one Entree</u></p> <p><input type="checkbox"/> *Turkey dark meat with gravy* OR</p> <p><input type="checkbox"/> Lentil Loaf with Sauce <u>Choose one Side</u></p> <p><input type="checkbox"/> Steamed Broccoli Florets OR</p> <p><input type="checkbox"/> *Steamed Green Beans* <i>drizzled with olive oil and bread crumbs</i></p> <p><u>Choose one Starch</u></p> <p><input type="checkbox"/> Mashed Potatoes <i>Creamy mashed Russet potatoes with butter sour cream and fresh dill</i> OR</p> <p><input type="checkbox"/> *Mashed Sweet Potatoes* <u>Choose a Dessert</u></p> <p><input type="checkbox"/> Cranberry Sauce OR</p> <p><input type="checkbox"/> *Pureed spiced baked pears * <u>Assorted Bread (optional)</u></p> <p><input type="checkbox"/> Sourdough <input type="checkbox"/> Whole Wheat and Rye</p> <p><u>Circle a beverage</u></p> <p><input type="checkbox"/> Herbal Tea, Milk, water</p>