

One Week Sample Menu

Sunday

Breakfast

Choice of Cereal, Fresh Fruit
Toast with Butter & Jelly
Egg of choice or Bisquit & Gravy
Coffee, Juice, tea, Hot Cocoa or milk

Lunch

Crispy Fried Chicken, Mashed Potatoes with
Gravy, Buttered Vegetable & Roll
Alt: Chef Salad

Dinner

Spaghetti w/Meat Sauce,
Vegetable & Garlic Bread
Alt: Salmon

**Dessert served with
lunch and dinner**

Monday

Breakfast

Choice of Cereal, Fresh Fruit
Toast with Butter & Jelly
Egg of choice or French Toast
Coffee, Juice, tea, Hot Cocoa or milk

Lunch

Pot Roast, Potatoes, Vegetables & Roll
Alt: Honey Mustard Chicken

Dinner

Chicken Dijon, with Tossed Salad
Alt: Clam Chowder with Bread

**Dessert served with
lunch and dinner**

Tuesday

Breakfast

Choice of Cereal, Fresh Fruit
Toast with Butter & Jelly
Egg of choice or Eggs Benedict
Coffee, Juice, tea, Hot Cocoa or milk

Lunch

Herb Crusted Halibut, Rice Pilaf
Alt: Chicken Fried Steak

Dinner

Crispy Pork Steak, Au Gratin Potatoes,
Veggies & Bread
Alt: Meatloaf

**Dessert served with
lunch and dinner**

Wednesday

Breakfast

Choice of Cereal, Fresh Fruit
Toast with Butter & Jelly
Egg of choice or Egg McMuffin
Coffee, Juice, tea, Hot Cocoa or milk

Lunch

Pull Pork Sandwich & Tater Tots
Alt: Turkey Pot Pie

Dinner

Tacos with Spanish Rice
Alt: Sweet & Sour Meatballs

**Dessert served with
lunch and dinner**

Thursday

Breakfast

Choice of Cereal, Fresh Fruit
Toast with Butter & Jelly
Egg of choice or Pancakes
Coffee, Juice, tea, Hot Cocoa or milk

Lunch

Lemon Pepper Chicken, Rice or
Steamed Vegetables & Bread Stick
Alt: Breaded Veal

Dinner

Maple Glazed Ham, Sweet Potatoes,
Vegetables & Roll
Alt: Baked Manicotti

**Dessert served with
lunch and dinner**

Friday

Breakfast

Choice of Cereal, Fresh Fruit
Toast with Butter & Jelly
Egg of choice or Fritata
Coffee, Juice, tea, Hot Cocoa or milk

Lunch

Oven Fried Fish, Roasted Potatoes,
vegetable & Roll
Alt: Chicken & Dumplings

Dinner

Pizza with Ceaser Salad
Alt: Quiche

**Dessert served with
lunch and dinner**

Saturday

Breakfast

Choice of Cereal, Fresh Fruit
Toast with Butter & Jelly
Egg of choice or Belgian Waffle
Coffee, Juice, tea, Hot Cocoa or milk

Lunch

BBQ Ribs, Macaroni Salad, Baked Beans
& Corn Bread
Alt: BBQ Chicken

Dinner

Hamburger with lettuce, pickle, onion,
cheese & Jo Jo's
Alt: Ham & Cheese Casserole

**Dessert served with
lunch and dinner**

Available All Day

Drinks

Coffee, Hot Chocolate
and a Variety of Teas

Snacks and Treats

Fresh Fruit, Assorted Crackers,
Cookies and Candies (on occasions)

Good nutrition is an essential part of your care in our community. The menu has been planned with variety and moderation in mind, and to achieve a well balanced diet.

Your daily menu may vary slightly due to the special diet ordered by your physician to meet your needs. Alternative choices are always available at each meal. Please feel free to ask any questions you may have regarding your menu, diet or service. We're glad you've chosen us and we value your opinion.



WATERHOUSE RIDGE
MEMORY CARE