

# Sample Weekly Menu



*Our Lady of Peace*  
Retirement Community



|            | Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|------------|---|---|---|---|---|--|--|
| BREAKFAST* | French Toast<br>Oatmeal   | Cream of Wheat<br>Danish  | Breakfast Potatoes<br>Corned Beef Hash  | Pancakes<br>Grits   | Cream of Wheat<br>Coffee Cake   | Cheese Omelets<br>Oatmeal  | Cheese Grits<br>Donuts   |
| LUNCH**    | <i>Soup of the Day</i><br>Cream of Broccoli<br><i>Entrées</i><br>London Broil<br>Shrimp Scampi<br>Cheese Omelets<br><i>Sides</i><br>White Rice<br>Steamed Asparagus<br>Sautéed Yellow Squash<br><i>Sunday Afternoon</i><br><i>Dessert: Chocolate Cake</i> | <i>Soup of the Day</i><br>Cabbage & Ham<br><i>Entrées</i><br>Grilled Pastrami & Swiss<br>on Rye<br>Vegetable Quiche<br><i>Sides</i><br>Mashed Cauliflower<br>Green Beans    | <i>Soup of the Day</i><br>Loaded Baked Potato<br><i>Entrées</i><br>Sliders<br>Turkey Tetrazzini<br><i>Sides</i><br>Onion Rings<br>Mediterranean<br>Vegetables   | <i>Soup of the Day</i><br>Sausage Tortellini Pesto<br><i>Entrées</i><br>Chicken Salad Croissant<br><i>Pizza of the Day</i><br><i>Sides</i><br>Bowtie Pasta Salad<br>Okra                                      | <i>Soup of the Day</i><br>Chicken Noodle<br><i>Entrées</i><br>Butterfly Shrimp<br>Sweet & Sour Chicken<br><i>Sides</i><br>Wild Rice<br>Vegetable Medley                             | <i>Soup of the Day</i><br>New England Clam<br>Chowder<br><i>Entrées</i><br>Tuna Melt<br>Italian Sausage, Sautéed<br>Peppers & Onions<br><i>Sides</i><br>Key Largo Veggies<br>Shoe String Fries                   | <i>Soup of the Day</i><br>Chili<br><i>Entrées</i><br>Nathan's Hot Dogs<br>Chef's Special<br><i>Sides</i><br>Mac & Cheese<br>Country Blend<br>Vegetables                  |
| DINNER**   | <i>Soup of the Day</i><br>Cream of Broccoli<br><i>Entrées</i><br>Meatball Sub<br>Applewood Smoked<br>Pork Loin<br><i>Sides</i><br>Steak Fries<br>Veggie Medley<br>Blueberry Cobbler   | <i>Soup of the Day</i><br>Cabbage & Ham<br><i>Entrées</i><br>Meatloaf<br>Fried Chicken<br><i>Sides</i><br>Mashed Potatoes<br>Turnip Greens<br>Butternut Squash<br>Peach Pie | <i>Soup of the Day</i><br>Loaded Baked Potato<br><i>Entrées</i><br>Tilapia Kentucky Style<br>Pineapple Ham<br><i>Sides</i><br>Parmesan Red Potatoes<br>Succotash<br>Slow Roasted Tomatoes<br>Sweet Potato Pie | <i>Soup of the Day</i><br>Sausage Tortellini Pesto<br><i>Entrées</i><br>Lemon & Chive Trout<br>Pot Roast<br><i>Sides</i><br>Zucchini & Cherry<br>Tomatoes<br>Creamed Corn<br>Apple Tart with<br>Whipped Cream | <b>Breakfast for Dinner</b><br>Scrambled Eggs<br>Bacon<br>Sausage<br>Home Fried Potatoes<br>Pancakes<br>Grits<br>Salmon<br>Asparagus with<br>Hollandaise Sauce<br>Assorted Danishes | <i>Soup of the Day</i><br>New England Clam<br>Chowder<br><i>Entrées</i><br>Pasta Carbonara<br>Fish Piccata<br><i>Sides</i><br>Quinoa & Brown Rice<br>Brussels Sprouts<br>Honey Glazed Carrots<br>French Silk Pie | <i>Soup of the Day</i><br>Vegetable<br><i>Entrées</i><br>Beef Brisket<br>Sea Bass<br><i>Sides</i><br>Rice Pilaf<br>Sweet White Corn<br>Collard Greens<br>Angel Food Cake |

## \*Breakfast Served Daily:

Tea & Coffee  
Assorted Juices  
Assorted Cold Cereals  
Toast & Muffins  
Bacon & Sausage

Skim, 2%, Whole Milk  
Grapefruit  
Prunes  
Scrambled & Fried Eggs  
Butter, Margarine, Jelly

## \*\*Daily Lunch & Dinner Options Served Daily:

Tea & Coffee  
Assorted Juices  
Soup of the Day  
Fresh Fruit  
Baked Potato, Sweet Potato, & Bread at Evening Meal

Salad Bar (except Sundays)  
Ice Cream  
Sugar-Free Desserts

## Snacks

Jell-O Cups  
Graham Crackers  
Applesauce  
Yogurt  
Crackers

## Menu Substitutions

Baked Chicken Breast, Baked Ham,  
Chicken Salad, Tuna Salad, and Ham &  
Cheese Sandwiches (ask your server for  
more information).

**All items are no added salt.**