



## WEEK AT GLANCE

### INDEPENDENT LIVING - DINNER:

#### Monday February 12, 2018

- Soup: French Onion **DF** AVAILABLE
- Salad: Garden Salad **VG GF DF**
- Entrees: Stuffed Cabbage Roll **DF**  
Savory Shepherd's Pie  
Goat Cheese, Beet & Arugula  
Sandwich **GF V**
- Sides: Potatoes/ Rice/ Broccoli/ Squash
- Dessert: Pound Cake **V**

#### Tuesday February 13, 2018

- Soup: Seafood Gumbo
- Salad: Garden Salad **VG GF DF**
- Entrees: Fried Chicken and Waffle  
Seafood Jambalaya **GF DF**  
Crawfish Etouffe  
Goat Cheese, Beet & Arugula  
Sandwich **GF V**
- Sides: Cornbread/ Red Beans/ Fried Okra/  
Succotash
- Dessert: Chocolate Covered Strawberries **V**  
Bananas Foster **V**

#### Wednesday February 14, 2018

- Soup: Turkey Vegetable **GF**
- Salad: Garden Salad **VG GF DF**
- Entrees: Veal Parmigiana  
Shrimp Stir Fry  
Goat Cheese, Beet & Arugula  
Sandwich **GF V**
- Sides: Carrots/ Peas/ Fettucini/ Potatoes
- Dessert: Brownie **V**

#### Thursday February 15, 2018

- Soup: Split Pea with Bacon **GF DF**
- Salad: Garden Salad **VG GF DF**
- Entrees: Pork Tenderloin **GF** (**DF** AVAILABLE)  
Flank Steak **DF** AVAILABLE  
Black Bean Burrito Bowl **GF V GF**
- Sides: Potatoes/ Rice & Beans/  
Green Beans/ Kale
- Dessert: Carrot Cake **V**

#### Friday February 16, 2018

- Soup: Italian Wedding
- Salad: Garden Salad **VG GF DF**
- Entrees: Blackened Salmon **GF DF**  
Seared Chicken w/ Cranberry Leeks  
**GF DF**  
Black Bean Burrito Bowl **GF V GF**
- Sides: Orzo/ Carrots/ Corn O'Brien/ Potatoes
- Dessert: New York Cheesecake **V**

#### Saturday February 17, 2018

- Soup: Chicken Noodle **DF** (**GF** AVAILABLE)
- Salad: Garden Salad **VG GF DF**
- Entrees: Vietnamese Style Pulled Pork  
Sandwich  
Vegetable Lasagna **V**  
Black Bean Burrito Bowl **GF V GF**
- Sides: Cauliflower/ Green Beans/ Rice/  
Garlic Bread
- Dessert: Chocolate Chunk Cookie **V**

### INDEPENDENT LIVING - BRUNCH:

#### Sunday February 18, 2018

- Bakery: Assorted Bagels/ Doughnuts/ Muffins **V**
- Soup: Creamy Crab & Vegetable Bisque **GF**
- Salad: Garden Salad **VG GF DF**
- Entrees: Lobster Mac & Cheese  
Chicken Breast Piccata  
Prime Rib **GF DF**
- Sides: Potatoes/ Asparagus/ Rice/ Carrots
- Featuring: Fresh Fruit/ Quiche/ Lox Platter/  
Pancakes/ Omelet Bar/ Bacon/  
Pork Sausage/ Corned Beef Hash/  
O'Brien Potatoes



All Guest meals will include tax totaling 8%