

YOUR NAME _____

SPECIAL REQUESTS _____

Weekly Menu Sample

Parkside at North East



***Three Fabulous Locations
One Impeccable Reputation***

Parkside Senior Living Communities

www.ParksideErie.com

*2 Gibson Street
North East, PA 16428
(814) 725-3665*





SUNDAY

SOUP: WILD RICE SPLIT PEA SOUP S
ENTREE: PORK LOIN
VEGETABLES: STEAMED BROCCOLI or BUTTERED CORN
STARCHES: SOUR CREAM CHEESY POTATOES CS
DESSERT: CHEESECAKE WITH CHERRY TOPPING D C

MONDAY

SALAD: CAESAR SALAD WITH DRESSING
ENTREE: CHICKEN LEG OR BREAST
VEGETABLES: GREEN BEANS or SLICED CARROTS
STARCHES: RICE PILAF OR YAMS
DESSERT: BLUEBERRY PIE

TUESDAY

APPETIZER: FRESH FRUIT
ENTREE: BEEF TIPS OVER NOODLES C S
VEGETABLES: BREADED EGG PLANT OR CAULIFLOWER
STARCHES: MASHED POTATOES WITH GRAVY OP PARSLEY PASTA
DESSERT: TIRAMISU C D

WEDNESDAY

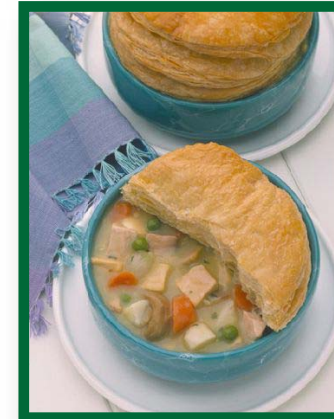
SOUP: CHICKEN NOODLE SOUP S
ENTREE: BBQ PORK CHOPS S
VEGETABLES: ASPARAGUS OR WAX BEANS
STARCHES: SWEET POTATO OR BAKED BEANS S D
DESSERT: PEACH PIE C D



Taste the Flavor...

THURSDAY

SALAD: TOSSED SALAD WITH CHOICE OF DRESSING
ENTREE: GOULASH WITH MEAT
VEGETABLES: BRUSSEL SPROUTS OR STEWED TOMATOES S
STARCHES: RISSOLI POTATOES C OR HERBED RICE
DESSERT: BANANA CREAM PIE C D



FRIDAY

SOUP: TOMATO SOUP S
ENTREE: BAKED COD WITH LEMON WEDGE
VEGETABLES: ITALIAN ROASTED VEGETABLES OR SUGAR SNAP PEAS
STARCHES: MASHED POTATO OR HERBED RICE
DESSERT: LEMON CREAM CAKE C D

SATURDAY

SALAD: MACARONI SALAD
ENTREE: SWISS STEAK C
VEGETABLES: ITALIAN MIXED or STEAMED SPINACH
STARCHES: BAKED POTATO OR WILD RICE BLENDS S
DESSERT: PUMPKIN PIE C D



ADDITIONAL OPTIONS AVAILABLE DAILY

SPAGHETTI WITH MEAT SAUCE
CHICKEN CODON BLEU C S
TUNA NOODLE CASSEROLE C S

Key:
S - Sodium
C - Cholesterol
D - Diabetic