

Weekly Menu Sample

YOUR NAME _____

SPECIAL REQUESTS _____

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

Parkside Senior Living Communities



PARKSIDE
SENIOR LIVING COMMUNITIES

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THE FOLLOWING ARE AVAILABLE DAILY (WEEK 1)

1. CHICKEN CORDON BLEU: Open-Faced Chicken Breast C S
w/Ham & Swiss Cheese Topped w/Supreme Sauce
 2. FRIED SHRIMP w/ Cocktail Sauce C S
 3. CHEF SALAD – Choose Your Dressing C S
 4. ITALIAN SUB – Ham/Salami/Pepperoni/Provolone/
Lettuce/Tomato/ Onion C S
 5. REUBEN SANDWICH / RYE BREAD S
- SOUP OF THE WEEK: BEEF NOODLE S

Key:

S - Sodium

C - Cholesterol

D - Diabetic



SUNDAY

- SOUP: CHEESY POTATO C S
- SALAD: TORTELLINI SALAD
- ENTREE: SIRLOIN POT STEAK C
- VEGETABLES: STEAMED BROCCOLI or BUTTERED CORN
- STARCHES: BAKED POTATO (sour cream-C) or DILLED REDSKINS
- DESSERT: VANILLA CHERRY PIE C D

MONDAY

- SOUP: CORN CHOWDER C S
- SALAD: CAESAR
- ENTREE: MEATLOAF & BROWN GRAVY C
- VEGETABLES: GREEN BEANS or SLICED CARROTS
- STARCHES: MASHED POTATOES or AuGRATIN POTATOES C S
- DESSERT: BANANA'S FOSTER (Vanilla Ice Cream) C D

TUESDAY

- SOUP: BROWN RICE TURKEY S
- APPETIZER: DEEP FRIED ZUCCHINI & MUSHROOMS C S
- ENTREE: BAKED CHICKEN QUARTER– choose Light or Dark
- VEGETABLES: PEAS & MUSHROOMS or FRESH GRILLED VEGGIES
- STARCHES: PARSLEY NOODLES or MASHED POTATOES
- DESSERT: LEMON MERINGUE PIE C D

WEDNESDAY

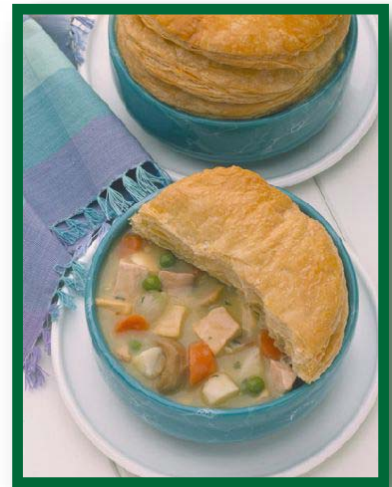
- SOUP: CREAM OF CAULIFLOWER C S
- SALAD: CRAB SALAD OVER GREENS
- ENTREE: ROAST PORK SHOULDER w/SAUERKRAUT S
- VEGETABLES: BUTTER BEANS or ASPARAGUS
- STARCHES: POTATO PANCAKE-C S or MASHED POTATOES
- DESSERT: APPLE WALNUT PIE C D



Taste the Flavor...

THURSDAY

- SOUP: MEXICAN TORTILLA S
- SALAD: MANDARIN ORANGES w/MIXED GREENS & SOY GINGER DRESSING
- ENTREE: CHICKEN & BISCUITS C S
- VEGETABLES: CALIFORNIA BLEND or CORN
- STARCHES: WHITE RICE or MASHED POTATO
- DESSERT: MEXICAN SUNDAE C D



FRIDAY

- SOUP: MANHATTAN CLAM CHOWDER S
- SALAD: SALAD BAR
- ENTREE: HAWAIIAN BBQ SHRIMP & BROCCOLI OVER RICE D S
- VEGETABLES: BOURBON MUSHROOMS OR GREEN BEANS ALMONDINE
- STARCHES: WHITE RICE or POTATO PANCAKE C S
- DESSERT: PECAN PIE C D

SATURDAY

- WINE: CHABLIS or ROSE D
- SOUP: WEDDING S
- SALAD: BRUSCHETTA SALAD (Diced Tomato & Onion, Balsamic Vinaigrette Over Greens)
- ENTREE: CHEESE RAVIOLI w/ MEAT SAUCE C
- VEGETABLES: ITALIAN MIXED or STEAMED SPINACH
- STARCHES: ANGEL HAIR w/ Red Sauce or OVEN-BROWNED POTATOES
- DESSERT: CARROT CAKE C D

ADDITIONAL OPTIONS AVAILABLE DAILY

SALADS & SIDES

- TOSSED SALAD FRUIT CUP APPLESAUCE
- COTTAGE CHEESE/PEACHES OR PINEAPPLE COLESLAW

DRESSINGS

- FRENCH SWEET & SOUR RASPBERRY VINAIGRETTE
- RANCH ITALIAN

- OPTIONS: STEAKBURGER BAKED POTATO GRILLED CHICKEN BREAST
- OMELETTE SWEET POTATO RICE PILAF-S
- BROCCOLI