

Sample Weekly Menu

Breakfast 8:00 am - 9:30 am
Lunch 11:30 am - 1:00 pm
Dinner 4:30 pm - 6:30 pm



**St. Mary's
WOODS**
 RETIREMENT
 COMMUNITY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	<i>Always Available*</i> Plus Featured Breakfast Item of the Day: Cinnamon Roll	<i>Always Available*</i> Plus Featured Breakfast Item of the Day: Cream Cheese Danish	<i>Always Available*</i> Plus Featured Breakfast Item of the Day: Sausage Links	<i>Always Available*</i> Plus Featured Breakfast Item of the Day: Fresh Fruit ♥	<i>Always Available*</i> Plus Featured Breakfast Item of the Day: Whole Wheat Bagel	<i>Always Available*</i> Plus Featured Breakfast Item of the Day: Cranberry Orange Muffin ♥	<i>Always Available*</i> Plus Featured Breakfast Item of the Day: Assorted Pastries
LUNCH**	Beef & Vegetable Soup & Dinner Roll Caesar Salad ♥ Filet Mignon Tips Diane Baked Salmon & Florentine Sauce ♥ Au Gratin Potatoes Yellow Squash Vegetable Blend French Silk Pie / NSA Chocolate Pie ♥	Beef & Broccoli served with Fried Rice and Sautéed Stir Fry Veggies Chicken Vegetable Soup ♥ Lite Bite: Egg Salad Sandwich with Fruit ♥ Fresh Baked Scones NSA Jello ♥	Glazed Chicken Thighs & Legs with Roasted Potatoes & Brussel Sprouts ♥ Cock-a-Leekie Soup Lite Bite: Grilled Cuban Sandwich Peach Brown Betty NSA Peach Treat ♥	Fresh Salmon Filet with Steamed Red Potatoes & Vegetable Medley ♥ Spinach & Carrot Orzo ♥ Lite Bite: Italian Sub Sandwich & Chips Otis Spunkmeyer Cookies NSA Cookies ♥	Steamed Chili Dog served with Onion Rings & Slaw Crookneck Yellow Squash Soup Lite Bite: Cottage Cheese & Fruit Cold Plate ♥ Sweet Potato Pie NSA Sweet Potato Pie	Fried Chicken Wings served with Waffle Fries & Green Beans Winter Vegetable Soup ♥ Lite Bite: Salmon Salad Cold Plate ♥ Chocolate Eclair NSA Chocolate Pie ♥	Cube Steak & Gravy with Mashed Potatoes & Brussel Sprouts Cream of Broccoli Soup Lite Bite: Grilled Turkey Burger ♥ Ice Cream NSA Ice Cream ♥
DINNER**	Baked White Fish served with Chef Veggies & Potatoes ♥ Turkey & Noodle Soup ♥ Lite Bite: Ham & Cheddar with Chips Chocolate Chip Cookies NSA Cookies ♥	Split Pea Soup & Roll Fruit & Yogurt Salad, House Salad, Fruit Cup Fried Oysters & Hushpuppies Smoked Beef Brisket ♥ Carrot & Pineapple Tidbits ♥ Steamed Broccoli ♥ Parmesan Roasted Tomato ♥ English Trifle/NSA English Trifle	Tomato Bouillon Soup ♥ Grapefruit Salad, House Salad, Fruit Cup ♥ Seafood Au Gratin Pork Tenderloin with a Pear & Honey Glaze ♥ Baby Baked Potatoes ♥ Roasted Vegetables ♥ Battered Fried Mushrooms Bananas Foster/NSA Bananas Foster	STEAK NIGHT Steakhouse Salad & Dinner Rolls New England Seafood Chowder Ribeye, New York Strip, Filet Mignon <i>all steaks served with</i> Loaded Baked Potato & Asparagus Layered Chocolate Cake/NSA Cake	Cream of Chicken Soup & Pumpkin Muffin Tropical Fruit Salad Broiled Haddock ♥ Grilled Bacon Cheeseburgers Seasoned French Fries Baked Butternut Squash ♥ Roasted Vegetable Medley ♥ Granola Vanilla Cake/NSA Cake	Seafood Chowder & Parkerhouse Roll Waldorf Salad, House Salad, Fruit Cup ♥ Butterfly Fried Shrimp Stuffed Peppers ♥ Cinnamon Buttered Carrots Broccoli & Cheese Casserole ♥ Rice Pilaf Cookies & Cream/NSA Chocolate Pie	Potato Soup & Dinner Roll Carrot Raisin Salad ♥ Beef Stroganoff over Egg Noodles Broiled Tilapia Fish ♥ Cheesy Vegetable Casserole Braised Onions ♥ Sweet Parsnips, Carrots & Peppers ♥ Strawberry Ice Cream/NSA Ice Cream

♥ Denotes heart-healthy options. Please feel free to ask your server for any clarification. **Blue text denotes the Blue Plate Special of the Day.**

*Breakfast Always Available: Fruit & Yogurt Selections ♥; Assorted Hot & Cold Cereal ♥; Scrambled, Fried, Boiled, Poached Eggs; Assorted Toast Selections; Low-Sodium Sausage ♥; Bacon

**Lunch and Dinner Always Available: Fruit, Salad, Sandwiches, and More - See our Made-to-Order Menu available in the Dining Room

NSA = No Sugar Added. Snacks available 24/7: Fruit, Assorted Crackers, Peanut Butter, Milk, Juice, Chips, Assorted Cookies, Applesauce, Pretzels, Coffee and Tea.

