Dining Menu
# Sample Weekly Menu

Actual menu is posted in Dining Room

<table>
<thead>
<tr>
<th>Day</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| **Breakfast** | Assorted Juices  
Assorted Cold Cereal  
Hot Cereal  
Assorted Breads  
Assorted Seasonal Fruit  
Pastries, Muffins, Danish  
Scrambled Eggs | Assorted Juices  
Assorted Cold Cereal  
Hot Cereal  
Assorted Breads  
Assorted Seasonal Fruit  
Buttermilk Scone  
Breakfast Quiche | Assorted Juices  
Assorted Cold Cereal  
Hot Cereal  
Assorted Breads  
Assorted Seasonal Fruit  
Blueberry Muffin  
Baked Omelet/ Cheese  
Sausage Links | Assorted Juices  
Assorted Cold Cereal  
Hot Cereal  
Assorted Breads  
Assorted Seasonal Fruit  
Home Fried Potatoes  
Scrambled Eggs | Assorted Juices  
Assorted Cold Cereal  
Hot Cereal  
Assorted Breads  
Assorted Seasonal Fruit  
Raisin Scones  
Crisp Bacon  
Texas Toast | Assorted Juices  
Assorted Cold Cereal  
Hot Cereal  
Assorted Breads  
Assorted Seasonal Fruit  
Sausage and Egg Sandwich  
French Toast Sticks  
Hash Browns |
| **Lunch** | Caesar Salad  
Carved Beef Tenderloin  
Crab Cakes  
Baked Potatoes  
Roasted Red Onions  
Peas & Mushrooms  
Dinner Roll  
Cookies and Cream Pie | Minestrone  
Baked Potato Soup  
Shrimp Salad Sandwich  
Sausage and Garden  
Vegetable Frittata  
Dessert Cart | Italian Wedding Soup  
Cream of Asparagus Soup  
Meatloaf Sandwich  
4 Cheese Macaroni  
Stewed Tomatoes  
Dessert Cart | Cream of Cauliflower Soup  
Michigan White Bean Soup  
Loaded Baked Potato  
Pastrami & Swiss Sandwich  
Dessert Cart | Tomato Soup  
Chicken Gumbo  
Lean Shepherd’s Pie  
Ham Salad Sandwich  
Dessert Cart | New England Clam Chowder  
Chickpea & Tortellini Soup  
Chicken Salad Sandwich  
French Dip Sandwich  
Dessert Cart |
| **Dinner** | Seafood Gumbo  
Cream of Potato Soup  
Egg Salad Sandwich  
Sloppy Joes  
Dessert Cart | Broccoli Salad  
Apple Stuffed Pork Loin  
Apricot Glazed Chicken  
Roasted Red Potatoes  
Braised Leeks  
Glazed Carrots  
Dinner Roll  
Peach Cobbler | Cranberry Gelatin Salad  
Roast Turkey w/Stuffing  
Vegetable Lasagne  
Mashed Potatoes  
Brussels Sprouts  
European Mixed Vegetables  
Dinner Roll  
Dinner Roll  
Dinner Roll  
Peanut Butter Pie | Strawberry Pretzel Salad  
Shrimp Scampi w/ Angel Hair Pasta  
Roast Beef with Gravy  
Mashed Potatoes  
Green Beans  
Orange Glazed Beets  
Dinner Roll  
Dinner Roll  
Lemon Sponge Pie | Pasta Salad  
Beef Brisket  
Baked Chicken and Noodles  
Au Gratin Potatoes  
Carrots  
Brussels Sprouts  
Dinner Roll  
Blueberry Pie | Cole Slaw  
BBQ Beef Brisket  
Tuscan Herbed Cod  
Potato Wedges  
Creamed Spinach  
Carrots  
Dinner Roll  
Banana Cream Pie | Potato Salad  
Angus Chopped Steak and Onions  
Pork & Sauerkraut  
Mashed Potatoes  
Spinach  
Peas  
Dinner Roll  
Boston Cream Pie |

**Examples of Alternate Selections**

**Lunch**
- Chef’s Salad
- Grilled Reuben
- Grilled Chicken Caesar Salad
- Hot Dog
- 1/3 lb. Angus Burger
- Fruit and Cottage Cheese Plate

**Dinner**
- Crab Cake
- Vegetable Platter
- Baked Ham
- Chicken Breast
- Pasta Marinara
- Broiled Tilapia

Salad Bar is available during noon and evening meals.

**Elegant Entrées**

For an added splurge, residents can order from our special Elegant Entrées menu any night of the week to treat themselves and guests to lobster tail, filet mignon, lamb chops or scallops.
Dining at Country Meadows

The dining experience at Country Meadows provides you with a variety of healthy, freshly prepared meals. Our recipes incorporate fresh ingredients and locally grown produce as well as regional flavors and resident favorites. The menu selection allows you to choose items based upon your dietary needs and personal preferences.

At each meal residents can choose from several featured entrees as well as an alternate choice of baked seafood, breast of chicken or vegetarian entrees at dinner. A salad bar of fresh vegetables, fruits and salads is available at lunch and dinner. Lunch includes two soups made from scratch. Fresh bread and rolls are baked each day by in-house bakers.

A highlight of both lunch and dinner is an array of delicious desserts prepared daily. Residents and their friends and family enjoy occasional Sunday brunches — often featuring omelet, waffle or carving stations.

Fresh fruit, cookies, juices, coffee and tea are available for you and your guests throughout the day and evening.

The Social Experience

The meal is only part of the experience. In addition to dining with your friends at your table, our residents enjoy socializing at happy hour with their neighbors. And, our dining team hosts themed dining events throughout the year designed by resident direction.

Country Meadows does not discriminate in resident admission on the basis of race, ancestry, religious creed, age, sex, handicap, disability or national origin, provided the resident, in the sole opinion of Country Meadows, can be cared for legally and responsibly.

CountryMeadows.com