

# SAMPLE MENUS

Park Place residents enjoy a variety of delicious, healthy foods every day! The menus listed below are from a recent typical week.

	BREAKFAST	LUNCH	DINNER
<b>Sunday</b>	French Toast Sausage Link Hot or Cold Cereal Seasonal Fruit Toast Choice of Juice Milk	Soup du Jour Baked Rosemary Chicken California Blend Vegetables Tomato Rice Cheese Biscuit Pork Chop with Apples Baked Sweet Potato Caramel Apple Bread Pudding	Spiced Vegetable Soup Ham, Macaroni and Cheese Casserole Carrot Coins with Thyme Breadstick Stuffed Green Pepper Peaches and Cream Dessert Milk
<b>Monday</b>	Country-Style Scrambled Eggs Sausage Link Hot or Cold Cereal Seasonal Fruit Toast Choice of Juice Milk	Soup du Jour Lemon Basil Roast Turkey Bread Stuffing Mixed Vegetables Dinner Roll Herbed Pot Roast Buttered Red Bliss Potatoes Lemon Meringue Pie	Chicken and Rice Soup Open-Faced Roast Beef Sandwich with Gravy Buttered Green Beans Potato Wedges Dinner Roll Shrimp and Crab Louie Lettuce and Tomatoes Chilled Pears
<b>Tuesday</b>	Belgian Waffle Hot or Cold Cereal Seasonal Fruit Toast Choice of Juice Milk	Soup du Jour Brown-Sugar-Glazed Ham Seasoned Corn Garlic Mashed Potatoes Dinner Roll Italian Meat Loaf Creamed Spinach Cheesecake	Beef Barley Soup Chicken Caesar Salad Bread or Roll Beets with Sour Cream Baked Potato Chili con Carne Cheese and Onions Fruit Crisp
<b>Wednesday</b>	Breakfast Croissant Hot or Cold Cereal Seasonal Fruit Toast Choice of Juice Milk	Soup du Jour Harvest Roast Pork Roasted Potatoes Yellow Squash with Red Peppers Parmesan Bread Buttered Cauliflower Vegetable Quiche Chocolate Mousse Pudding	Lentil Soup Cheese Ravioli Mixed Vegetables Breadstick Grilled Turkey and Cheddar Creamy Coleslaw Brownie

All meals are prepared by our on-site chef in consultation with our registered dietitian, making it easy for people with special health considerations to enjoy staying within their dietary restrictions.



PARK PLACE HEALTH & WELLNESS CENTER

1150 S. Euclid Avenue · Elmhurst, IL 60126 · 630.936.4100 *phone* · [www.ParkPlaceElmhurst.com](http://www.ParkPlaceElmhurst.com)

# SAMPLE ACTIVITIES

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The Life Enrichment staff at Park Place put together a full calendar of outings and activities every month, and they print copies of that monthly calendar for all residents. The sample items below were gathered from a recent month to show the variety of opportunities available.

## TYPICAL ACTIVITIES

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<b>Sundays</b>	Church Video Recording (shown in the Creations Studio in assisted living) Bears Game (shown on the second floor of skilled nursing) BINGO (in the second-floor dining room) Root Beer Floats (in the third-floor dining room) Featured Film (in the second-floor dining room)
<b>Mondays</b>	Communion (served in people's apartments) Variety Show (in the Fireside Room) Sit and Be Fit (in the Fireside Room) Hand Massages (in the Fireside Room) Letter Writing (in the second-floor dining room) Cupcake Making (in the third-floor dining room)
<b>Tuesdays</b>	Breakfast Club (in the assisted living dining room) Scenic Bus Ride Bible Study with Pastor Gerry (in the Fireside Room) Bracelet Beading (in the third-floor dining room) Artist at Work (on the second floor of skilled nursing) Open Fitness/Swim (in the Fitness Center) Wii Games (in the Fireside Room)
<b>Wednesdays</b>	Arboretum Trip Bags with Mel (in the Gilead Center) Sit and Be Fit (in the Fireside Room) Worship with Pastor Gerry (in the Fireside Room) Dance Circle (in the Fireside Room) Evening Games (in the assisted living dining room)
<b>Thursdays</b>	NewsCurrents (in the Fireside Room) Elmhurst Art Museum Trip Name that Tune (in the Fireside Room) Fabulous Fingers (in the second-floor dining room) Berry Smoothies (in the third-floor dining room)
<b>Fridays</b>	Movement with Mary Ann (in the Gilead Center) Crafty Corner (in the Gilead Center) Healthy Hands (in the Fireside Room) Wine and Cheese Friday Movie (in the Fireside Room)
<b>Saturdays</b>	Saturday Stretching (in the Gilead Center) Movie Matinee (in the Fireside Room) Saturday Nail Painting (in the Fireside Room)



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