

SAMPLE MENUS

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

	<u>BREAKFAST</u>	<u>LUNCH</u>	<u>DINNER</u>
Sunday	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
Monday	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
Tuesday	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
Wednesday	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

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