



Cycle Menu III

Tall Oaks Assisted Living
FINE DINING SELECTIONS
Welcome to the Tall Oaks Dining Room

BREAKFAST

Served daily from
7:30am until 9:00am

LUNCH

Served daily from
11:30am until 1:00pm

DINNER

Served daily from
4:30pm until 6:00pm

<i>Sunday</i>	Cereal and Toast Selections ♥Hot Oatmeal ♥Fresh Grapefruit Half	Prime Rib of Beef Cornbread Stuffing or Roast Potatoes Hot Rolls from the Oven In Season Vegetable Selection <i>Delicious Cake Selection</i> SOUP: Blended Corn Chowder LIGHT BITE: Fresh Mozzarella and Tomato SEA SPECIAL: Lemon Pepper Salmon	♥ <i>Beet and Red Onion Salad</i> Crispy Garlic Chicken Tender Chicken and ♥Vegetables, ♥Red Potatoes Fresh Blueberry Muffins <i>Delicious Cake Selection</i>
	Texas Toast Grilled Ham		
	<i>Selection of Eggs:</i> Scrambled, Omelet Over Medium, or Poached		
<i>Monday</i>	Cereal and Toast Selections ♥Crème of Wheat ♥Fresh Watermelon Banana Pancakes ♥ Turkey Canadian Bacon	Chipped Beef BBQ Well Cooked and Seasoned, Fall Apart Beef on a Roll ♥Fresh Cut Vegetable Medley ♥Thick Cut Potatoes <i>Angel Food Cake with Berries</i> SOUP: Chicken Noodle Soup LIGHT BITE: Spinach Salad SEA SPECIAL: Atlantic Salmon	♥ <i>Crisp Traditional Caesar Salad</i> Beef & Broccoli In a Rich Sauce with ♥Broccoli and ♥Brown Rice Hot Dinner Rolls <i>Key lime Pie</i> NIGHTLY NIBBLE: <i>Graham Crackers</i> <i>Assorted Juices</i>
	<i>Selection of Eggs:</i> Scrambled with Cheese, Poached or Boiled		
<i>Tuesday</i>	Cereal and Toast Selections ♥Hot Grits ♥Fresh Cantaloupe Sticky Cinnamon Buns Grilled Southern Style Scrapple	Chicken Philly Cheese Sandwich Thin Chipped Shaved Meat, Onion and Cheese ♥Steamed Fresh Vegetables ♥Delicious Sweet Potatoes <i>Mouthwatering Baked Mom's Pies</i> SOUP: ♥Potato Leek LIGHT BITE: Cottage Cheese & Fruit SEA SPECIAL: Breaded Popcorn Shrimp	♥ <i>Tomato Cucumber And Red Onion</i> Vegetable Lasagna Flavorful and Full of Vegetables! Whole Grain Rolls <i>Yummy Fruit Glazed Cheesecake</i> NIGHTLY NIBBLE: <i>Nutrigrain Cereal Bars</i> <i>Assorted Juices</i>
	<i>Selection of Eggs:</i> Scrambled with Mushrooms Poached or Boiled		
<i>Wednesday</i>	Cereal and Toast Selections ♥Hot Farina ♥Fresh Honeydew Chef Robert's Omelet Station Ham, Mushroom, Cheese	Honey Stung Chicken Battered and Baked! Your Favorite Recipe! ♥Farmers Market Broccoli ♥Fluffy CousCous with Green Peas <i>Variety of Creamy Puddings</i> SOUP: Black Bean, Vegetables and Rice LIGHT BITE: Crab Salad SEA SPECIAL: Herbed Baked Salmon	♥ <i>Tall Oaks Applesauce</i> Slow and Tender Lamb Stew ♥Buttery Noodles ♥Fresh Vegetables Crisp French Baguettes <i>Stewed Fruit with Shortbread</i> NIGHTLY NIBBLE: <i>Selection of Muffins</i> <i>Assorted Juices</i>
	<i>Selection of Eggs:</i> Scrambled with Spinach Poached or Boiled		
<i>Thursday</i>	Cereal and Toast Selections ♥Crème of Wheat ♥Fresh Pineapple Raisin French Toast ♥ Turkey Sausage	Broccoli, Pepper and Tomato Quiche Perfect for Vegetarians, Tall Oaks Favorite Recipe ♥Brussels Sprouts Tall Oaks Red Potato Salad <i>Savory Brownie with Oreo Cookies!</i> SOUP: Light Lentil and Vegetable ♥ LIGHT BITE: Chicken Caesar Salad SEA SPECIAL: Cod Fish Filet	♥ <i>Vegetable Antipasto Salad</i> London Broil with Mushroom Sauce ♥Long Asparagus Spears, Thick Cut Fries ♥Wheat Dinner Rolls <i>Chocolate Bread Pudding</i> NIGHTLY NIBBLE: ♥ <i>Apples and Pears</i> <i>Assorted Juices</i>
	<i>Selection of Eggs:</i> Scrambled with Onions Poached or Boiled		
<i>Friday</i>	Cereal and Toast Selections ♥Hot Farina ♥Fresh Cantaloupe Chocolate Chip Pancakes ♥ Turkey Bacon	Sweet Italian Sausage Subs Rich Beef Sauce on Wheat Toast Points ♥Farm Fresh Green Beans Tall Oaks Tri-Color Pasta Salad <i>Mom's Toll House Cookies</i> SOUP: Homemade Tomato and Orzo ♥ LIGHT BITE: Egg Salad over Baby Greens SEA SPECIAL: Fish Fry Tilapia	♥ <i>Fresh Garden Salad</i> Oven Roast Chicken Dinner ♥Seasonal Veggies and ♥Baked Potato Warm Challah Rolls <i>Chef's Scrumptious Dessert</i> NIGHTLY NIBBLE: <i>Cherry Fig Bars</i> <i>Assorted Juices</i>
	<i>Selection of Eggs:</i> Scrambled with Cheese Poached or Boiled		
<i>Saturday</i>	Cereal and Toast Selections ♥Hot Oatmeal ♥Fresh Grapefruit Half Fruit Filled Danish Canadian Bacon	Grilled Hamburgers and Hot Dogs With all the Fixings! ♥Corn on the Cob, Cole Slaw ♥Boston Baked Beans <i>Good Humor Man Ice Cream Bars!</i> SOUP: Five Onion with Seasoned Croutons LIGHT BITE: Ham Chef Salad SEA SPECIAL: Breaded Scallops	♥ <i>Spinach Salad with Italian Vinaigrette</i> Tortellini Primavera ♥A Variety of Farm Fresh Vegetables Cheesy Hot Garlic Toast <i>Rich and Delicious Cake</i> NIGHTLY NIBBLE: <i>Peanut Butter Crackers</i> <i>Assorted Juices</i>
	<i>Selection of Eggs:</i> Scrambled with Peppers Poached or Boiled		

* Egg Beaters Available Upon Request

** All Menu Items contain NO added Salt

*Desserts; ♥Sugar Free; Fresh and Stewed Fruit Available