

Swedish Assisted Living – Spring & Summer Menu 2018

| Week 1 | Monday April 30 | Tuesday May 1 | Wednesday May 2 | Thursday May 3 | Friday May 4 | Saturday May 5 | Sunday May 6 |
|--|--|--|---|--|--|---|--|
| Breakfast | Bran Muffin Fruit Bowl | Carrot Muffin Fruit Bowl | Blueberry Scone Fruit Bowl | Bran & Pineapple Muffin Fruit Bowl | Raisin Bagel Fruit Bowl | Cheese Scone Fruit Bowl | Muffins & Scones Fruit Bowl |
| 2pm Snack | Banana Bread | Date Square | Butter Tart | Lemon Bar | Lemon Loaf | Homemade Brownies | Cherry Loaf |
| 7pm Snack | Oatmeal Blueberry Cookie | Choc Chip Pecan Cookie | Peanut Butter Cookie | Shortbread Cookies | Orange Spice Sugar Cookie | Oatmeal Raisin Cookie | Assorted Cookies |
| Lunch Salads | House Salad w/ Shrimp | Greek Salad on Romaine | Spinach Salad w/Egg | House Salad w/Avocado | Tomato Bocconcini w/Pesto on House Greens | House BLT Salad | House Green Veg Salad |
| <p><u>Lunch</u></p> <p>1st Seating 11:30am</p> <p>2nd Seating 12:30 pm</p> <p><u>Dessert Tray</u> Yogurt, Ice Cream, Jell-O, Fruit</p> | <p>Cod with Spinach & Mushrooms (Torsk med spenat) Lemon Wedge OR Swedish Pork Ribs Carrots</p> <p>With Steamed New Potatoes</p> <p>Dessert Tray</p> | <p>Rosemary Chicken Thigh w/Chicken Gravy OR Breaded Pork Chop w/Gravy</p> <p>With Mashed Potato Grilled Zucchini & Red Pepper Wedges</p> <p>Dessert Tray</p> | <p>Beef Stroganoff (Biff stroganoff) OR Vegetarian Chili</p> <p>With Egg Noodles Peas Carrots</p> <p>Dessert Tray</p> | <p>Roast Turkey w/Cranberry & Gravy OR Liver & Grilled Onion w/ Beef Gravy</p> <p>With Mashed Potato Buttered Corn Brussels Sprouts</p> <p>Dessert Tray</p> | <p>Battered Haddock w/Tartar Sauce Lemon Wedge OR Curried Chicken w/Yogurt Cucumber Dip</p> <p>With Jasmine Rice Pilaf Tomato Slices French Beans</p> <p>Dessert Tray</p> | <p>BBQ Pork Drummies OR Beef Stew</p> <p>With Mashed Potatoes Carrot Grilled Asparagus</p> <p>Dessert Tray</p> | <p>Baked Ham w/Sauce OR Roasted Lamb w/Gravy</p> <p>With Scalloped Potatoes Squash Peas</p> <p>Dessert Tray</p> |
| <p><u>Supper</u></p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p> | <p>Scotch Broth</p> <p>Turkey Sandwich on Cranberry Bread (lettuce, tomato, cucumber) OR Perogies w/ Sour Cream Sliced Grilled Onions Farmers Sausage</p> <p>With House Salad w/tomato, cucumber</p> <p>Feature Dessert Crème Caramel</p> | <p>Seafood Chowder</p> <p>Poached Eggs on English Muffin w/Hollandaise Sauce Cantaloupe/Watermelon Wedges OR Pepperoni Pizza (Pepperoni & Thin Sliced Green Pepper Only)</p> <p>With Caesar Salad</p> <p>Feature Dessert German Choc Cake</p> | <p>Chicken Noodle Soup</p> <p>Cottage Cheese Bran Pineapple Muffin Grapes & Honeydew OR Philly Cheesesteak w/Garden Salad Orange Garnish</p> <p>Feature Dessert Lemon Berry Bread Pudding</p> | <p>Minestrone Soup</p> <p>Broccoli & Cheddar Quiche OR Chicken Strips w/Dipping Sauce Garlic Bread</p> <p>With Caesar Salad</p> <p>Feature Dessert Swedish Apple Cake</p> | <p>Turkey Vegetable Soup</p> <p>Spaghetti w/Meat Sauce Parmesan Cheese OR Turkey Pot Pie w/Gravy</p> <p>With Italian Green Salad</p> <p>Feature Dessert Chocolate Truffle Mousse</p> | <p>Mulligatawny Soup</p> <p>Cheeseburger (Special Sauce, Lettuce, Red Onion) OR Omelette Dinner Bun</p> <p>With House Spring Mix Salad w/Tomato, Cucumber</p> <p>Pickles & Olives</p> <p>Feature Dessert Blueberry Crisp</p> | <p>Chef's Choice Soup</p> <p>Egg Salad Sandwich OR Baked Beans Pork Sausage Cornmeal Muffin</p> <p>With Spinach Salad w/Mushroom, Red Onion, Mandarin</p> <p>Feature Dessert Lemon Meringue Pie</p> |

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| Week 2 | Monday May 7 | Tuesday May 8 | Wednesday May 9 | Thursday May 10 | Friday May 11 | Saturday May 12 | Sunday May 13 |
|--|--|--|--|--|---|--|--|
| Breakfast | Bagel w/Cream Cheese | Apple Cinnamon Muffin | Cheddar & Green Onion Scone | Croissant | Bran Raisin Muffin | Scone | Morning Glory Muffin |
| 2pm Snack | Lemon Loaf | Ponderosa Cake | Coconut Tart | Zucchini Loaf | Pecan Tarts | Homemade Brownies | Date Square |
| 7pm Snack | Oatmeal Blueberry Cookie | Choc Chip Pecan Cookie | Peanut Butter Cookie | Shortbread Cookies | Orange Spice Sugar Cookie | Oatmeal Raisin Cookie | Assorted Cookies |
| Lunch Salads | Asian House Salad | Italian Garden Salad | Baby Greens with Egg | House Greens w/Avocado | Tossed Salad w/Chicken | Greek Salad on Romaine | House BLT Salad |
| <p>Lunch</p> <p>1st Seating 11:30am</p> <p>2nd Seating 12:30 pm</p> <p>Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit</p> | <p>Ginger Roasted Salmon OR Oriental Pork Bites</p> <p>With Jasmine Rice Carrots Spinach</p> <p>Dessert Tray</p> | <p>BBO Chicken Wings OR Shepherd's Pie w/Beef Gravy</p> <p>With Potato Wedges Broccoli Corn</p> <p>Dessert Tray</p> | <p>Roast Pork w/Gravy Applesauce OR Baked Haddock Lemon Wedge/Tartar</p> <p>With Mashed Potatoes Buttered Peas Red Cabbage Pickled (Kokt rödkål)</p> <p>Dessert Tray</p> | <p>Butter Chicken OR Tofu & Grilled Onion w/ Shanghai Sauce</p> <p>With Rice Pilaf Stir Fry Vegetables (Bok Choy, Red Pepper, Carrot)</p> <p>Dessert Tray</p> | <p>Meatballs w Cream Sauce (Köttbullar med gräddsås) OR Turkey Schnitzel w/Gravy Cranberry Sauce</p> <p>With Hasselback Potato Harvard Beets Grilled Zucchini</p> <p>Dessert Tray</p> | <p>Chicken Cordon Bleu OR Liver & Onions</p> <p>With Mashed Potatoes Buttered Carrots w/Dill Sauteed Mushrooms</p> <p>Dessert Tray</p> | <p>Roast Beef Au Jus w/Horseradish Sauce OR Country Style Sausage</p> <p>With Baked Potato (Sour Cream, Green Onion) Roasted Brussels Sprout Yams</p> <p>Dessert Tray</p> |
| <p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p> | <p>Green Pea & Ham Soup</p> <p>Monte Cristo Sandwich OR Artisan Baked Macaroni & Cheese</p> <p>With Caesar Salad Cantaloupe Garnish</p> <p>Feature Dessert Chocolate Cake</p> | <p>Fish Chowder</p> <p>Cornish Pasties w/Gravy OR Veg Frittata</p> <p>With House Green Salad Orange Slices</p> <p>Feature Dessert Peach Cobbler</p> | <p>Hamburger Soup</p> <p>Waffles w/Strawberry Table Syrup Sausage Sliced Fruits</p> <p>OR Chicken Burger (Guacamole, Lettuce, Tomato, Red Onions) Potato Wedges</p> <p>Feature Dessert Ice Cream</p> | <p>Italian Lentil Soup</p> <p>Beef Lasagna Garlic Bread OR Vegetable Quiche</p> <p>With Arugula Salad w/Tomato, Cucumber Pickles</p> <p>Feature Dessert Baked Custard</p> | <p>Pumpkin & Leek Soup</p> <p>Perogies Grilled Onions Bacon OR Crab Cakes w/Aioli</p> <p>With Coleslaw Oranges</p> <p>Feature Dessert Rice a La Malta (Swedish Rice Pudding)</p> | <p>Cream of Zucchini</p> <p>Spaghetti w/ Meat Sauce Dinner Roll OR Egg Salad Sandwich</p> <p>With Italian Salad</p> <p>Feature Dessert Tiramisu</p> | <p>Chef's Choice Soup</p> <p>Cabbage Rolls OR Chicken Tenders</p> <p>With Caesar Salad Garlic Bread</p> <p>Feature Dessert Banana Cream Pie</p> |

Swedish Assisted Living – Spring & Summer Menu 2018

| Week 3 | Monday May 14 | Tuesday May 15 | Wednesday May 16 | Thursday May 17 | Friday May 18 | Saturday May 19 | Sunday May 20 |
|--|--|---|---|---|--|---|---|
| Breakfast | Raisin Bagel Fruit Bowl | Carrot Muffin Fruit Bowl | Blueberry Scone Fruit Bowl | Bran & Pineapple Muffin Fruit Bowl | Plain Bagel Fruit Bowl | Cheese Scone Fruit Bowl | Muffins & Scones Fruit Bowl |
| 2pm Snack | Banana Bread | Date Square | Butter Tart | Lemon Bar | Lemon Loaf | Homemade Brownies | Cherry Loaf |
| 7pm Snack | Oatmeal Blueberry Cookie | Choc Chip Pecan Cookie | Peanut Butter Cookie | Shortbread Cookies | Orange Spice Sugar Cookie | Oatmeal Raisin Cookie | Assorted Cookies |
| Lunch Salads | Tuscan Greens | House Greens w/Chicken | House BLT | Chef's Special | Spring Mix with Egg | Italian Garden Salad | House Greens w/ Smoked Salmon |
| <p>Lunch</p> <p>1st Seating 11:30am</p> <p>2nd Seating 12:30 pm</p> <p>Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit</p> | <p>Meatballs in Mushroom Cream Sauce OR BBQ Chicken Legs</p> <p>With Mashed Potatoes Peas & Pearl Onion Medley</p> <p>Dessert Tray</p> | <p>Lamb Loin Chops w/Brown Gravy OR Baked White Fish w/Lemon Cream Sauce</p> <p>With Scalloped Potatoes Broccoli Carrots</p> <p>Dessert Tray</p> | <p>Sweet & Sour Pork OR Roast Chicken</p> <p>With Herb Rice Pilaf Zucchini & Onion Grilled</p> <p>Dessert Tray</p> | <p>Turkey Schnitzel w/Gravy Cranberry Sauce OR Beef Stew</p> <p>With Roasted Potato Spinach Corn</p> <p>Dessert Tray</p> | <p>Herb Baked Salmon Lemon Wedge OR Salisbury Steak <small>(Sliced Onions/Mushrooms in Brown Gravy)</small></p> <p>With Mashed Potato Grilled Asparagus Buttered Dill Carrots</p> <p>Dessert Tray</p> | <p>Dijon Baked Chicken Breast OR Oktoberfest Sausage</p> <p>With Pan Fried Potatoes Peas Yams</p> <p>Dessert Tray</p> | <p>Festive Ham w/Sauce OR Braised Beef w/Gravy</p> <p>With Baked Potato <small>(sour cream, Green Onion, Bacon)</small> Squash Broccoli</p> <p>Dessert Tray</p> |
| <p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p> | <p>Beef Barley Soup</p> <p>Turkey Chill w/ Corn Bread OR Baked Pasta in Tomato Sauce</p> <p>With House Coleslaw Fruit Garnish</p> <p>Feature Dessert Strawberry Mint Trifle</p> | <p>Minted Pea Soup</p> <p>Beef Burger on Brioche <small>(Lettuce, Tomato, Red Onion, Special Sauce)</small> OR Turkey Pot Pie w/Gravy</p> <p>With Tomato, Basil & Cucumber Salad</p> <p>Feature Dessert Cake Selection</p> | <p>Cream of Broccoli</p> <p>Open Face Roast Beef Sandwich OR Cod Nuggets Garlic Bread With Caesar Salad</p> <p>Feature Dessert Tapioca Pudding</p> | <p>Chicken Noodle Soup</p> <p>Seafood Crepe w/ Mornay Sauce OR Baked Beans Sausage With Spinach Salad</p> <p>Feature Dessert Blueberry Cobbler</p> | <p>Minced Chicken Corn Soup</p> <p>Chicken Strips w/Dipping Sauce OR Ham & Pineapple Pizza With House Salad Orange Slices</p> <p>Feature Dessert Mango Tango Ice Cream</p> | <p>Cream of Tomato Soup</p> <p>Beer Battered Haddock with Potato Wedge <small>(Lemon & Tartar Sauce)</small> OR Grilled Cheese Sandwich</p> <p>With House Salad</p> <p>Feature Dessert Lemon Pudding</p> | <p>Chef's Choice Soup</p> <p>Turkey Loaf w/Sauce Garlic Bread OR Open Face Smoked Salmon w/Cream Cheese on Rye <small>Capers, Red Onion, Lemon</small> With House Arugula Salad</p> <p>Feature Dessert Choc & Banana Bread Pudding</p> |

Swedish Assisted Living – Spring & Summer Menu 2018

| Week 4 | Monday May 21 | Tuesday May 22 | Wednesday May 23 | Thursday May 24 | Friday May 25 | Saturday May 26 | Sunday May 27 |
|--|--|--|--|--|--|--|--|
| Breakfast | Raisin Bagel Fruit Bowl | Carrot Muffin Fruit Bowl | Blueberry Scone Fruit Bowl | Bran & Pineapple Muffin Fruit Bowl | Plain Bagel Fruit Bowl | Cheese Scone Fruit Bowl | Muffins & Scones Fruit Bowl |
| 2pm Snack | Banana Bread | Butter Tart | Date Square | Bavarian Fruit Tart | Lemon Loaf | Brownies | Cranberry Loaf |
| 7pm Snack | Oatmeal Blueberry Cookie | Choc Chip Pecan Cookie | Peanut Butter Cookie | Shortbread Cookies | Orange Spice Sugar Cookie | Oatmeal Raisin Cookie | Assorted Cookies |
| Lunch Salads | House Salad w/ Shrimp | Greek Salad on Romaine | Spinach Salad w/Egg | House Salad w/Avocado | Tomato Bocconcini w/Pesto on House Greens | House BLT Salad | House Green Veg Salad |
| <p>Lunch</p> <p>1st Seating 11:30am</p> <p>2nd Seating 12:30 pm</p> <p>Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit</p> | <p>Baked Herb Haddock OR Ginger Chicken</p> <p>With Rice Pilaf Grilled Mushrooms Green Beans w/Tarragon</p> <p>Dessert Tray</p> | <p>Italian Breaded Veal w/Tomato Sauce Buttered Spaghettini</p> <p>OR Turkey Stew Dinner Roll w/Butter</p> <p>With Grilled Mixed Vegetables</p> <p>Dessert Tray</p> | <p>Pork Stew OR Liver & Onions w/Gravy</p> <p>With Mashed Potatoes Brussels Sprouts Corn</p> <p>Dessert Tray</p> | <p>Curry Chicken w/Naan Bread OR Swedish Pork Chops w/Gravy Mashed Potatoes</p> <p>With Peas Carrots</p> <p>Dessert Tray</p> | <p>Turkey Schnitzel w/Gravy & Cranberry OR Cook's Baked Fish Special</p> <p>With Mashed Potato Spinach Casserole</p> <p>Dessert Tray</p> | <p>Chicken Afritada (Spanish Chicken Stew w/Peppers, Peas, Potato) OR Lamb Meatballs w/Creamy Mint Sauce</p> <p>With Broccoli Santa Fe Rice</p> <p>Dessert Tray</p> | <p>Roast Beef w/Gravy Yorkshire Pudding Horseradish Sauce OR Chicken Cordon Swiss</p> <p>With Mashed Potato Brussels Sprout Carrots</p> <p>Dessert Tray</p> |
| <p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p> | <p>French Onion Soup</p> <p>Deli Roast Beef Sandwich (lettuce, Tomato, Cucumber, Red Onion, Cheese, Mustard) OR Fish & Chips Lemon/Tartar Sauce</p> <p>With Cabbage Slaw</p> <p>Feature Dessert Cook's Choice</p> | <p>Homemade Mushroom Soup</p> <p>Chicken Dumpling w/Soy Sauce OR Oriental Beef</p> <p>With Chow Mein Noodles Broccoli</p> <p>Feature Dessert Ice Cream</p> | <p>Cr. Of Vegetable Soup</p> <p>California Roll Fruit Slice OR Spaghetti w/Meat Sauce Garlic Bread With Caesar Salad</p> <p>Feature Dessert Bread Pudding w/Vanilla Sauce</p> | <p>Beef Minestrone Soup</p> <p>Salmon Burger (Tartar Sauce, Lettuce, Tomato, Red Onion) OR Beef Pot Pie w/Gravy</p> <p>With House Green Salad</p> <p>Feature Dessert Appelkaka (Apple Cake)</p> | <p>Fish Chowder</p> <p>Cottage Cheese Muffin OR Deluxe Tuna Salad on Croissant w/ Lettuce Pickles/Olives</p> <p>With Watermelon Wedges</p> <p>Feature Dessert Rice & Raisin Pudding</p> | <p>Greek Chicken Rice Soup w/Lemon</p> <p>Pork Souvlaki OR Spanakopita</p> <p>With Greek Salad Pita Bread Tzatziki Sauce</p> <p>Feature Dessert Berry Cobbler</p> | <p>Wonton Soup</p> <p>Pad Thai Noodles (Shrimps & Peanuts) OR Teriyaki Chicken With Rice With Stir-Fry Vegetables</p> <p>Feature Dessert Butterscotch Pudding</p> |

Swedish Assisted Living – Spring & Summer Menu 2018

| Week 5 | Monday May 28 | Tuesday May 29 | Wednesday May 30 | Thursday May 31 | Friday June 1 | Saturday June 2 | Sunday June 3 |
|--|--|---|---|--|---|--|---|
| <u>Breakfast</u> | Raisin Bagel Fruit Bowl | Carrot Muffin Fruit Bowl | Blueberry Scone Fruit Bowl | Bran & Pineapple Muffin Fruit Bowl | Plain Bagel Fruit Bowl | Cheese Scone Fruit Bowl | Muffins & Scones Fruit Bowl |
| <u>2pm Snack</u> | Banana Bread | Date Square | Butter Tart | Lemon Bar | Lemon Loaf | Homemade Brownies | Cherry Loaf |
| <u>7pm Snack</u> | Oatmeal Blueberry Cookie | Choc Chip Pecan Cookie | Peanut Butter Cookie | Shortbread Cookies | Orange Spice Sugar Cookie | Oatmeal Raisin Cookie | Assorted Cookies |
| <u>Lunch Salads</u> | Asian House Salad | Italian Garden Salad | Baby Greens with Egg | House Greens w/Avocado | Tossed Salad w/Chicken | Greek Salad on Romaine | House BLT Salad |
| <u>Lunch</u> 1st Seating 11:30am 2nd Seating 12:30 pm <u>Dessert Tray</u> Yogurt, Ice Cream, Jell-O, Fruit | Baked Salmon w/ Wine Cream Sauce Lemon Wedge OR Baked Sausages With Mashed Potatoes Grilled Asparagus Mushrooms Dessert Tray | Chicken Piccata OR Veal Cutlet w/Gravy With Creamy Risotto Carrots Peas Dessert Tray | Roast Turkey w/Gravy & Cranberry Sauce OR Beef Stew With Mashed Potato Corn Yams Dessert Tray | BBQ Spareribs OR Baked Fish With Herb Rice Pilaf Green Beans Tomato Slices Dessert Tray | Meatloaf w/Gravy OR Baked Chicken With Scalloped Potato Broccoli Roasted Rutabaga Dessert Tray | Breaded Cod w/Tartar Sauce Lemon Wedge OR Chicken Kabob With Squash Peas O'Brien Potatoes Dessert Tray | Pork Roast w/Gravy & Applesauce OR Garlic Herb Roast Lamb w/Gravy With Roasted Sweet Potato Carrot Asparagus Dessert Tray |
| <u>Supper</u> 1st Seating 4:30 pm 2nd Seating 5:30 pm | Turkey Noodle Soup Chicken Ala King w/Puff Pastry OR Egg Salad Sandwich With House Choice Salad Feature Dessert Baked Apples w/Ice Cream | Mixed Pea Soup Beef Dip Au Jus (Thinly Sliced Roasted Beef on Hoagie Bun with Au Jus) OR Seafood Cake w/Tartar Sauce Lemon Wedge With House Slaw Feature Dessert Orange Cake | Beef & Macaroni Soup Grilled Cheese & Tomato Sandwich OR Tourtiere w/Gravy With Arugula Feta Salad Feature Dessert Pumpkin Mousse w/Praline | Creamy Yam Soup Baked Cannelloni with Tomato Sauce OR BBQ Pulled Pork Sandwich on Brioche With Italian Salad Feature Dessert Tapioca Pudding | Fish Chowder COLD PLATE Deli Cold Cuts & Cheese (Assorted) OR Cajun Wings w/Ranch Sauce With Potato Salad Orange & Honeydew Feature Dessert Trifle | Vegetable Soup Bacon Cheese Burger OR Vegetarian Quiche With Coleslaw Watermelon Wedges Feature Dessert Fruit Crisp w/Whipped Cream | Butternut Squash Soup Chef's Choice Feature Dessert Coconut Pie |