

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 1	Monday Oct 15/18	Tuesday Oct 16/18	Wednesday Oct 17/18	Thursday Oct 18/18	Friday Oct 19/18	Saturday Oct 20/18	Sunday Oct 21/18
Breakfast	Assorted Bagel Fruit Bowl	Bran & Raisin Muffin Fruit Bowl	Banana Nut Muffin Fruit Bowl	Scones Fruit Bowl	Cranberry Lemon Muffin Fruit Bowl	Carrot Muffin Fruit Bowl	Morning Glory Muffin Fruit Bowl
2pm Snack	Date Square	Cranberry Loaf	Butter Tarts	Banana Loaf	Bavarian Fruit Tart	Lemon Loaf	Assorted Snacks
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>Baked Ham OR Basa Fillet Baked w/Tomato Slices</p> <p>With Scalloped Potatoes Harvard Beets Peas</p> <p>Dessert Tray</p>	<p>Roasted Chicken Legs w/Gravy OR Sailors Beef Stew (Swedish)</p> <p>With Mashed Potato Carrots Corn</p> <p>Dessert Tray</p>	<p>Liver & Onions w/Beef Gravy OR Roast Pork w/Gravy</p> <p>With Roasted Potatoes Marinated Red Cabbage Broccoli</p> <p>Dessert Tray</p>	<p>Tandoori Chicken OR Herb Baked Salmon w/Lemon Wedge</p> <p>With Steamed Jasmine Rice Spinach Grilled Mushrooms</p> <p>Dessert Tray</p>	<p>Greek Lamb Chops OR Spanakopita</p> <p>With Tzatziki Sauce/Pita Bread Grilled Zucchini & Onions</p> <p>Dessert Tray</p>	<p><u>Brunch Menu</u> <u>Resident's Choice</u></p> <p>Waffles w/Strawberry Table Syrup Scrambled Eggs Bacon Sausage Fruit</p> <p>Dessert Tray</p>	<p>BBQ Beef Chuck OR Breaded Pork Cutlet w/Gravy</p> <p>With Baked Potato Yam Brussels Sprout</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>Wonton Soup</p> <p>Oriental Beef OR Chicken Dumpling</p> <p>With Stir-Fry Veg (Carrot, Onion, Broccoli)</p> <p>Chow Mein Noodles</p> <p><u>Feature Dessert</u> Egg Tart</p>	<p>Green Pea & Ham Soup</p> <p>Turkey Schnitzel w/Cranberry Sauce OR Cheese Omelette w/Salsa</p> <p>With House Coleslaw Potato Wedges</p> <p><u>Feature Dessert</u> Apple Crumble</p>	<p>Beef Vegetable Soup</p> <p>Chicken Burger (Lettuce, Tomato, Onion) OR Cornish Pasties</p> <p>With House Green Salad Orange Slices</p> <p><u>Feature Dessert</u> Bread Pudding w/Raisins</p>	<p>Cream of Broccoli</p> <p>Fettuccini Alfredo w/Mushroom & Spinach OR Cabbage Rolls</p> <p>With Garlic Bread Caesar Salad</p> <p><u>Feature Dessert</u> Pineapple Upside Down Cake</p>	<p>Mushroom Soup</p> <p>Philly Cheese Steak OR Salmon Quiche</p> <p>With House Salad Orange Slices</p> <p><u>Feature Dessert</u> Tapioca Pudding</p>	<p>Chef's Choice Soup</p> <p>Pepperoni Pizza (thinly sliced Green Pepper) OR Grilled Cheese Sandwich</p> <p>With Cucumber/Tomato & Red Onion Salad</p> <p><u>Feature Dessert</u> Berry Crisp</p>	<p>Chef's Choice Soup</p> <p>Perogies w/Onions Sour Cream Bacon OR Chicken Strips w/Dipping Sauce</p> <p>With Caesar Salad Orange Garnish</p> <p><u>Feature Dessert</u> Lemon Meringue Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 2	Monday Oct 22/18	Tuesday Oct 23/18	Wednesday Oct 24/18	Thursday Oct 25/18	Friday Oct 26/18	Saturday Oct 27/18	Sunday Oct 28/18
<u>Breakfast</u>	Apple Cranberry Muffin Fruit Bowl	Fruit Scone Fruit Bowl	Croissants Fruit Bowl	Assorted Bagels Fruit Bowl	Mixed Berry Lemon Scone Fruit Bowl	Bran & Raisin Muffins Fruit Bowl	Carrot Muffin Fruit Bowl
<u>2pm Snack</u>	Blueberry Loaf	Fruit Squares	Ponderosa Cake	Lemon Square	Cheddar/Zucchini Loaf	Bavarian Fruit Tart	Lemon Loaf
<u>7pm Snack</u>	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
<u>Lunch Salads</u>	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>Lamb Stew in Creamy Dill Sauce <u>OR</u> Chef's Salmon Loin</p> <p><u>With</u> Rice Pilaf Broccoli Sliced Tomato</p> <p>Dessert Tray</p>	<p>Chicken Piccata <u>OR</u> Islander Glazed Meatloaf</p> <p><u>With</u> Mashed Potato Roasted Red Beets Carrots</p> <p>Dessert Tray</p>	<p>Beef Stroganoff Buttered Egg Noodle</p> <p><u>OR</u> Vegetable Lasagna</p> <p><u>With</u> Zucchini Grilled Onions</p> <p>Dessert Tray</p>	<p>10 Grain Breaded Pollock <u>OR</u> Corned Beef w/Mustard Cream Sauce</p> <p><u>With</u> Scalloped Potato Buttered Cabbage Buttered Corn</p> <p>Dessert Tray</p>	<p>BBO Ribs <u>OR</u> Baked Cod Loin</p> <p><u>With</u> Mashed Potatoes Buttered Green Beans Cauliflower</p> <p>Dessert Tray</p>	<p>Chicken Cordon Bleu Roast Potato <u>OR</u> Shepherd's Pie w/Gravy</p> <p><u>With</u> Buttered Carrots w/Dill Sauteed Mushrooms</p> <p>Dessert Tray</p>	<p>Sage Crusted Pork w/Gravy <u>OR</u> Turkey Sausage w/Grilled Onions & Red Pepper</p> <p><u>With</u> Mashed Potatoes Braised Red Cabbage Brussels Sprouts</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>Beef Soup</p> <p>Cajun Wings Garlic Bread <u>OR</u> Monte Cristo Sandwich House Coleslaw</p> <p><u>Feature Dessert</u> Chocolate Cake</p>	<p>Seafood Chowder</p> <p>Beef Pot Pie w/Gravy <u>OR</u> Vegetable Quiche</p> <p><u>With</u> Green Peas Orange Slices</p> <p><u>Feature Dessert</u> Rhubarb Crumble (Rabarberpaj)</p>	<p>Cream Corn & Chicken Soup</p> <p>Sweet & Sour Pork <u>OR</u> Chicken Balls w/Plum Sauce</p> <p><u>With</u> Jasmine Rice Vegetable Medley</p> <p><u>Feature Dessert</u> Egg Tart</p>	<p>Chickpea/Barley Curry Soup</p> <p>Homemade Meat Lasagna <u>OR</u> Chicken Souvlaki w/Tzatziki Sauce Pita Bread</p> <p><u>With</u> Green Salad Fruit Garnish</p> <p><u>Feature Dessert</u> Pumpkin Mousse</p>	<p>Pumpkin Soup</p> <p>Ham & Pineapple Pizza House Salad <u>OR</u> Cottage Cheese Bran & Raisin Muffins Fruit</p> <p><u>Feature Dessert</u> Rice a La Malta (Swedish Rice Pudding)</p>	<p>Chicken Noodle Soup</p> <p>Seafood Crepe w/Mornay Sauce <u>OR</u> Egg Salad Sandwich</p> <p><u>With</u> Italian Green Salad Fruit Garnish</p> <p><u>Feature Dessert</u> Mixed Fruit Crisp</p>	<p>Mushroom Dijon & Dill Soup</p> <p>Cabbage Rolls <u>OR</u> Chicken Tenders</p> <p><u>With</u> Caesar Salad Garlic Bread</p> <p><u>Feature Dessert</u> Banana Cream Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 3	Monday Oct 29/18	Tuesday Oct 30/18	Wednesday Oct 31/18	Thursday Nov 1/18	Friday Nov 2/18	Saturday Nov 3/18	Sunday Nov 4/18
Breakfast	Scones Fruit Bowl	Bran & Raisin Muffins Fruit Bowl	Assorted Bagels Fruit Bowl	Mixed Berry Scone Fruit Bowl	Orange/Cranberry Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Fruit Scone Fruit Bowl
2pm Snack	Blueberry Tart	Cherry Loaf	Assorted Squares	Coconut Tart	Cranberry Loaf	Assorted Squares	Tart w/Fruit
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>Meatballs Cooked in Brown Gravy OR BBQ Chicken Legs</p> <p>With Baked Potato w/Green Onion & Sour Cream Mixed Vegetables</p> <p>Dessert Tray</p>	<p>Turkey Schnitzel w/Cranberry Sauce OR 10 Grain Breaded Pollock</p> <p>With Rice Pilaf Broccoli & Cauliflower Medley</p> <p>Dessert Tray</p>	<p>Parmesan Crusted Chicken Breast OR Liver & Onions w/Gravy</p> <p>With Mashed Potatoes Buttered Peas Carrots</p> <p>Dessert Tray</p>	<p>Cranberry Glazed Pork Loin Roast w/Applesauce OR Breaded Veal</p> <p>With Mashed Potato Pickled Red Cabbage Zucchini</p> <p>Dessert Tray</p>	<p>Baked Salmon OR Salisbury Steak in Mushroom Gravy</p> <p>With Roast Potato Baked Yam Spinach</p> <p>Dessert Tray</p>	<p>Dijon Baked Chicken Breast OR Oktoberfest Sausage</p> <p>With Pan Fried Potatoes Buttered Carrots Corn</p> <p>Dessert Tray</p>	<p>Festive Ham w/Sauce OR Braised Beef Chuck w/Gravy</p> <p>With Baked Potato (sour cream, Green Onion, Bacon) Squash Peas</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Cream of Carrot w/Ginger</p> <p>Turkey Chill w/ Corn Bread OR Hot Pastrami Sandwich</p> <p>With House Coleslaw Fruit Garnish</p> <p>Feature Dessert Bread Pudding</p>	<p>Yellow Pea Soup</p> <p>Beef Burger on Brioche (Lettuce, Tomato, Red Onion, Special Sauce) OR Broccoli Quiche</p> <p>With Caesar Salad</p> <p>Feature Dessert German Cake</p>	<p>Cream of Vegetable</p> <p>Perogies w/Sliced Onions, Sour Cream, & Bacon Slices OR Macaroni & Cheese</p> <p>With Green Salad Garlic Bread</p> <p>Feature Dessert Peach & Blueberry Crumble</p>	<p>Seafood Chowder</p> <p>Spaghetti & Meat Sauce Garlic Bread OR Deli Turkey Sandwich on Cranberry Bread</p> <p>With House Salad</p> <p>Feature Dessert Chef's Choice</p>	<p>Creamy Yam Soup</p> <p>Tofu w/ Shanghai Sauce OR Teriyaki Chicken With Jasmine Rice Broccoli</p> <p>Feature Dessert Pudding</p>	<p>Chicken Noodle</p> <p>Pasta Primavera OR Battered Haddock Potato Wedge (Lemon & Tartar Sauce)</p> <p>With House Salad</p> <p>Feature Dessert Fruit Cobbler</p>	<p>Chef's Choice</p> <p>Chicken Wings Dinner Bun OR Open Face Smoked Salmon w/Cream Cheese on Rye Capers, Red Onion, Lemon With Caesar Salad Orange Garnish</p> <p>Feature Dessert Apple Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 4	Monday Nov 5/18	Tuesday Nov 6/18	Wednesday Nov 7/18	Thursday Nov 8/18	Friday Nov 9/18	Saturday Nov 10/18	Sunday Nov 11/18
Breakfast	Ham & Cheese Scone Fruit Bowl	Oatmeal Apple Muffin Fruit Bowl	Bran Pineapple Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Cran/Lemon Muffin Fruit Bowl	Fruit Scone Fruit Bowl	Croissant Fruit Bowl
2pm Snack	Blueberry Loaf	Fruit Squares	Ponderosa Cake	Lemon Square	Cheddar/Zucchini Loaf	Bavarian Fruit Tart	Lemon Loaf
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>BBQ Pork Loin OR Ginger Chicken</p> <p>With Scalloped Potatoes Vegetable Medley</p> <p>Dessert Tray</p>	<p>Herb Crusted Salmon OR Curried Potatoes & Chickpeas</p> <p>With Rice Spinach Carrots</p> <p>Dessert Tray</p>	<p>Pork Stew OR Liver & Onions w/Gravy</p> <p>With Mashed Potato Buttered Cabbage Squash</p> <p>Dessert Tray</p>	<p>Veal Parmesan OR Seafood Newburg</p> <p>With Buttered Spaghettini Peas Zucchini Grilled</p> <p>Dessert Tray</p>	<p>Turkey Schnitzel w/Gravy & Cranberry OR Cook's Baked Fish Special</p> <p>With Mashed Potato Spinach Corn</p> <p>Dessert Tray</p>	<p>Chicken Afritada (Spanish Chicken Stew w/Peppers, Peas, Potato) OR Lamb Meatballs w/Tzatziki Sauce</p> <p>With Broccoli Saffron Rice</p> <p>Dessert Tray</p>	<p>Roast Pork w/Gravy Applesauce OR Herb Roasted Chicken Breast w/Gravy</p> <p>With Scalloped Potato Baked Yams Peas</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Ham & Pea Soup</p> <p>Deli Roast Beef Sandwich (lettuce, Tomato, Cucumber, Red Onion, Mustard) OR Chicken Pot Pie w/Gravy With Cabbage Slaw</p> <p>Feature Dessert Cook's Choice Cake</p>	<p>Cream of Corn w/Chicken</p> <p>Vegetable Dumpling OR Oriental Beef</p> <p>With Chow Mein w/Soy Sauce Stir Fry Vegetables</p> <p>Feature Dessert Egg Tart</p>	<p>Mixed Lentils</p> <p>Omelet Garlic Bread OR Sushi (California Roll)</p> <p>With House Salad Fruit Slices</p> <p>Feature Dessert Rice Pudding</p>	<p>Seafood Chowder</p> <p>Paella w/Saffron Rice (chicken, Sausage, Shrimp) OR Beef Pot Pie w/Gravy</p> <p>With House Green Salad</p> <p>Feature Dessert Appelkaka (Apple Cake)</p>	<p>Cream of Chicken</p> <p>Cottage Cheese Muffin OR Deluxe Tuna Salad on Croissant w/ Lettuce Pickles/Olives</p> <p>With Tropical Fruit Cup</p> <p>Feature Dessert Choc Pudding</p>	<p>Chef's Special</p> <p>Vegetarian Lasagna Garlic Bread OR Salmon Burger w/Tartar (Lettuce, Tomato, Red Onion)</p> <p>With House Salad</p> <p>Feature Dessert Peach Cobbler</p>	<p>Chef's Special</p> <p>Battered Fish Tartar/Lemon Wedge OR Farmers Sausage With Potato Wedges Caesar Salad Orange Slices</p> <p>Feature Dessert Lemon Meringue Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 5	Monday Nov 12/18	Tuesday Nov 13/18	Wednesday Nov 14/18	Thursday Nov 15/18	Friday Nov 16/18	Saturday Nov 17/18	Sunday Nov 18/18
Breakfast	Muffins Fruit Bowl	Bran/Blueberry Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Cheese Scone Fruit Bowl	Orange/Cranberry Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Fruit Scone Fruit Bowl
2pm Snack	Blueberry Tart	Cherry Loaf	Assorted Squares	Coconut Tart	Cranberry Loaf	Assorted Squares	Nutella Tart w/Fruit
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad
Lunch 1st Seating 11:30am 2nd Seating 12:30 pm Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit	Coconut Chicken Curry Naan Bread OR Polish Sausages Mashed Potato w/Gravy With Buttered Carrots Steamed Spinach Dessert Tray	Breaded Pork OR Baked Salmon With Risotto Grilled Mushroom Zucchini Dessert Tray	Roast Turkey w/Gravy & Cranberry Sauce OR Beef Stew With Mashed Potato Corn Roasted Beets Dessert Tray	Herb Baked Fish OR Sweet & Sour Pork With Rice Pilaf Green Beans Dessert Tray	Meatloaf w/Gravy OR BBQ Spareribs With Scalloped Potato Broccoli Carrots Dessert Tray	Chicken in Coconut Sauce OR With Jasmine Rice Peas Zucchini Dessert Tray	Roast Beef w/Gravy Horseradish OR Cordon Blue With Potato Mash Pesto Baked Tomato Steamed Rutabaga Dessert Tray
Supper 1st Seating 4:30 pm 2nd Seating 5:30 pm	Vegetable Soup Chicken Salad on Croissant OR Beef & Macaroni Casserole With House Salad Feature Dessert Apple Cake	Minestrone Soup Hot Beef Sandwich on Sourdough Bread OR Chicken Strips & Chips With House Slaw Oranges Feature Dessert Assorted Cakes	Cream of Mushroom Creamy Salmon & Broccoli Casserole with Penne Baked OR Grilled Cheese & Tomato Sandwich With House Salad Feature Dessert Chef's Choice	Mixed Pea Soup Omelet with Salsa Garlic Bread Triangles OR Turkey Pot Pie w/Gravy With Caesar Salad Feature Dessert Tapioca Pudding	Borscht Seafood Cake w/ Aioli OR Cajun Wings w/Ranch Sauce With Salad Dinner Bun Feature Dessert Trifle	Chef's Choice Bacon Cheese Burger OR Vegetarian Quiche With Coleslaw Fruit Slices Feature Dessert Fruit Crisp	Chef's Choice Chef's Special Pizza OR Tuna Salad Sandwich With Caesar Salad Fruit Garnish Feature Dessert Coconut Pie

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 1	Monday Nov 19/18	Tuesday Nov 20/18	Wednesday Nov 21/18	Thursday Nov 22/18	Friday Nov 23/18	Saturday Nov 24/18	Sunday Nov 25/18
Breakfast	Assorted Bagel Fruit Bowl	Bran & Raisin Muffin Fruit Bowl	Banana Nut Muffin Fruit Bowl	Scones Fruit Bowl	Cranberry Lemon Muffin Fruit Bowl	Carrot Muffin Fruit Bowl	Morning Glory Muffin Fruit Bowl
2pm Snack	Date Square	Cranberry Loaf	Butter Tarts	Banana Loaf	Bavarian Fruit Tart	Lemon Loaf	Assorted Snacks
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>Baked Ham OR Basa Fillet Baked w/Tomato Slices</p> <p>With Scalloped Potatoes Harvard Beets Peas</p> <p>Dessert Tray</p>	<p>Roasted Chicken Legs w/Gravy OR Sailors Beef Stew (Swedish)</p> <p>With Mashed Potato Carrots Corn</p> <p>Dessert Tray</p>	<p>Liver & Onions w/Beef Gravy OR Roast Pork w/Gravy</p> <p>With Roasted Potatoes Marinated Red Cabbage Broccoli</p> <p>Dessert Tray</p>	<p>Tandoori Chicken OR Herb Baked Salmon w/Lemon Wedge</p> <p>With Steamed Jasmine Rice Spinach Grilled Mushrooms</p> <p>Dessert Tray</p>	<p>Greek Lamb Chops OR Spanakopita</p> <p>With Tzatziki Sauce/Pita Bread Grilled Zucchini & Onions</p> <p>Dessert Tray</p>	<p><u>Brunch Menu</u> <u>Resident's Choice</u></p> <p>Waffles w/Strawberry Table Syrup Scrambled Eggs Bacon Sausage Fruit</p> <p>Dessert Tray</p>	<p>BBQ Beef Chuck OR Breaded Pork Cutlet w/Gravy</p> <p>With Baked Potato Yam Brussels Sprout</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>Wonton Soup</p> <p>Oriental Beef OR Chicken Dumpling</p> <p>With Stir-Fry Veg (Carrot, Onion, Broccoli)</p> <p>Chow Mein Noodles</p> <p><u>Feature Dessert</u> Egg Tart</p>	<p>Green Pea & Ham Soup</p> <p>Turkey Schnitzel w/Cranberry Sauce OR Cheese Omelette w/Salsa</p> <p>With House Coleslaw Potato Wedges</p> <p><u>Feature Dessert</u> Apple Crumble</p>	<p>Beef Vegetable Soup</p> <p>Chicken Burger (Lettuce, Tomato, Onion) OR Cornish Pasties</p> <p>With House Green Salad Orange Slices</p> <p><u>Feature Dessert</u> Bread Pudding w/Raisins</p>	<p>Cream of Broccoli</p> <p>Fettuccini Alfredo w/Mushroom & Spinach OR Cabbage Rolls</p> <p>With Garlic Bread Caesar Salad</p> <p><u>Feature Dessert</u> Pineapple Upside Down Cake</p>	<p>Mushroom Soup</p> <p>Philly Cheese Steak OR Salmon Quiche</p> <p>With House Salad Orange Slices</p> <p><u>Feature Dessert</u> Tapioca Pudding</p>	<p>Chef's Choice Soup</p> <p>Pepperoni Pizza (thinly sliced Green Pepper) OR Grilled Cheese Sandwich</p> <p>With Cucumber/Tomato & Red Onion Salad</p> <p><u>Feature Dessert</u> Berry Crisp</p>	<p>Chef's Choice Soup</p> <p>Perogies w/Onions Sour Cream Bacon OR Chicken Strips w/Dipping Sauce</p> <p>With Caesar Salad Orange Garnish</p> <p><u>Feature Dessert</u> Lemon Meringue Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 2	Monday Nov 26/18	Tuesday Nov 27/18	Wednesday Nov 28/18	Thursday Nov 29/18	Friday Nov 30/18	Saturday Dec 1/18	Sunday Dec 2/18
Breakfast	Apple Cranberry Muffin Fruit Bowl	Fruit Scone Fruit Bowl	Croissants Fruit Bowl	Assorted Bagels Fruit Bowl	Mixed Berry Lemon Scone Fruit Bowl	Bran & Raisin Muffins Fruit Bowl	Carrot Muffin Fruit Bowl
2pm Snack	Blueberry Loaf	Fruit Squares	Ponderosa Cake	Lemon Square	Cheddar/Zucchini Loaf	Bavarian Fruit Tart	Lemon Loaf
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>Lamb Stew in Creamy Dill Sauce OR Chef's Salmon Loin</p> <p>With Rice Pilaf Broccoli Sliced Tomato</p> <p>Dessert Tray</p>	<p>Chicken Piccata OR Islander Glazed Meatloaf</p> <p>With Mashed Potato Roasted Red Beets Carrots</p> <p>Dessert Tray</p>	<p>Beef Stroganoff Buttered Egg Noodle</p> <p>OR Vegetable Lasagna</p> <p>With Zucchini Grilled Onions</p> <p>Dessert Tray</p>	<p>10 Grain Breaded Pollock OR Corned Beef w/Mustard Cream Sauce</p> <p>With Scalloped Potato Buttered Cabbage Buttered Corn</p> <p>Dessert Tray</p>	<p>BBO Ribs OR Baked Cod Loin</p> <p>With Mashed Potatoes Buttered Green Beans Cauliflower</p> <p>Dessert Tray</p>	<p>Chicken Cordon Bleu Roast Potato OR Shepherd's Pie w/Gravy</p> <p>With Buttered Carrots w/Dill Sauteed Mushrooms</p> <p>Dessert Tray</p>	<p>Sage Crusted Pork w/Gravy OR Turkey Sausage w/Grilled Onions & Red Pepper</p> <p>With Mashed Potatoes Braised Red Cabbage Brussels Sprouts</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Beef Soup</p> <p>Cajun Wings Garlic Bread OR Monte Cristo Sandwich With House Coleslaw</p> <p>Feature Dessert Chocolate Cake</p>	<p>Seafood Chowder</p> <p>Beef Pot Pie w/Gravy OR Vegetable Quiche</p> <p>With Green Peas Orange Slices</p> <p>Feature Dessert Rhubarb Crumble (Rabarberpaj)</p>	<p>Cream Corn & Chicken Soup</p> <p>Sweet & Sour Pork OR Chicken Balls w/Plum Sauce</p> <p>With Jasmine Rice Vegetable Medley</p> <p>Feature Dessert Egg Tart</p>	<p>Chickpea/Barley Curry Soup</p> <p>Homemade Meat Lasagna OR Chicken Souvlaki w/Tzatziki Sauce Pita Bread</p> <p>With Green Salad Fruit Garnish</p> <p>Feature Dessert Pumpkin Mousse</p>	<p>Pumpkin Soup</p> <p>Ham & Pineapple Pizza House Salad OR Cottage Cheese Bran & Raisin Muffins Fruit</p> <p>Feature Dessert Rice a La Malta (Swedish Rice Pudding)</p>	<p>Chicken Noodle Soup</p> <p>Seafood Crepe w/Mornay Sauce OR Egg Salad Sandwich</p> <p>With Italian Green Salad Fruit Garnish</p> <p>Feature Dessert Mixed Fruit Crisp</p>	<p>Mushroom Dijon & Dill Soup</p> <p>Cabbage Rolls OR Chicken Tenders</p> <p>With Caesar Salad Garlic Bread</p> <p>Feature Dessert Banana Cream Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 3	Monday Dec 3/18	Tuesday Dec 4/18	Wednesday Dec 5/18	Thursday Dec 6/18	Friday Dec 7/18	Saturday Dec 8/18	Sunday Dec 9/18
Breakfast	Scones Fruit Bowl	Bran & Raisin Muffins Fruit Bowl	Assorted Bagels Fruit Bowl	Mixed Berry Scone Fruit Bowl	Orange/Cranberry Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Fruit Scone Fruit Bowl
2pm Snack	Blueberry Tart	Cherry Loaf	Assorted Squares	Coconut Tart	Cranberry Loaf	Assorted Squares	Tart w/Fruit
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>Meatballs Cooked in Brown Gravy OR BBQ Chicken Legs</p> <p>With Baked Potato w/Green Onion & Sour Cream Mixed Vegetables</p> <p>Dessert Tray</p>	<p>Turkey Schnitzel w/Cranberry Sauce OR 10 Grain Breaded Pollock</p> <p>With Rice Pilaf Broccoli & Cauliflower Medley</p> <p>Dessert Tray</p>	<p>Parmesan Crusted Chicken Breast OR Liver & Onions w/Gravy</p> <p>With Mashed Potatoes Buttered Peas Carrots</p> <p>Dessert Tray</p>	<p>Cranberry Glazed Pork Loin Roast w/Applesauce OR Breaded Veal</p> <p>With Mashed Potato Pickled Red Cabbage Zucchini</p> <p>Dessert Tray</p>	<p>Baked Salmon OR Salisbury Steak in Mushroom Gravy</p> <p>With Roast Potato Baked Yam Spinach</p> <p>Dessert Tray</p>	<p>Dijon Baked Chicken Breast OR Oktoberfest Sausage</p> <p>With Pan Fried Potatoes Buttered Carrots Corn</p> <p>Dessert Tray</p>	<p>Festive Ham w/Sauce OR Braised Beef Chuck w/Gravy</p> <p>With Baked Potato (sour cream, Green Onion, Bacon) Squash Peas</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Cream of Carrot w/Ginger</p> <p>Turkey Chill w/ Corn Bread OR Hot Pastrami Sandwich</p> <p>With House Coleslaw Fruit Garnish</p> <p>Feature Dessert Bread Pudding</p>	<p>Yellow Pea Soup</p> <p>Beef Burger on Brioche (Lettuce, Tomato, Red Onion, Special Sauce) OR Broccoli Quiche</p> <p>With Caesar Salad</p> <p>Feature Dessert German Cake</p>	<p>Cream of Vegetable</p> <p>Perogies w/Sliced Onions, Sour Cream, & Bacon Slices OR Macaroni & Cheese</p> <p>With Green Salad Garlic Bread</p> <p>Feature Dessert Peach & Blueberry Crumble</p>	<p>Seafood Chowder</p> <p>Spaghetti & Meat Sauce Garlic Bread OR Deli Turkey Sandwich on Cranberry Bread</p> <p>With House Salad</p> <p>Feature Dessert Chef's Choice</p>	<p>Creamy Yam Soup</p> <p>Tofu w/ Shanghai Sauce OR Teriyaki Chicken With Jasmine Rice Broccoli</p> <p>Feature Dessert Pudding</p>	<p>Chicken Noodle</p> <p>Pasta Primavera OR Battered Haddock Potato Wedge (Lemon & Tartar Sauce)</p> <p>With House Salad</p> <p>Feature Dessert Fruit Cobbler</p>	<p>Chef's Choice</p> <p>Chicken Wings Dinner Bun OR Open Face Smoked Salmon w/Cream Cheese on Rye Capers, Red Onion, Lemon With Caesar Salad Orange Garnish</p> <p>Feature Dessert Apple Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 4	Monday Dec 10/18	Tuesday Dec 11/18	Wednesday Dec 12/18	Thursday Dec 13/18	Friday Dec 14/18	Saturday Dec 15/18	Sunday Dec 16/18
Breakfast	Ham & Cheese Scone Fruit Bowl	Oatmeal Apple Muffin Fruit Bowl	Bran Pineapple Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Cran/Lemon Muffin Fruit Bowl	Fruit Scone Fruit Bowl	Croissant Fruit Bowl
2pm Snack	Blueberry Loaf	Fruit Squares	Ponderosa Cake	Lemon Square	Cheddar/Zucchini Loaf	Bavarian Fruit Tart	Lemon Loaf
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>BBQ Pork Loin OR Ginger Chicken</p> <p>With Scalloped Potatoes Vegetable Medley</p> <p>Dessert Tray</p>	<p>Herb Crusted Salmon OR Curried Potatoes & Chickpeas</p> <p>With Rice Spinach Carrots</p> <p>Dessert Tray</p>	<p>Pork Stew OR Liver & Onions w/Gravy</p> <p>With Mashed Potato Buttered Cabbage Squash</p> <p>Dessert Tray</p>	<p>Veal Parmesan OR Seafood Newburg</p> <p>With Buttered Spaghettini Peas Zucchini Grilled</p> <p>Dessert Tray</p>	<p>Turkey Schnitzel w/Gravy & Cranberry OR Cook's Baked Fish Special</p> <p>With Mashed Potato Spinach Corn</p> <p>Dessert Tray</p>	<p>Chicken Afritada (Spanish Chicken Stew w/Peppers, Peas, Potato) OR Lamb Meatballs w/Tzatziki Sauce</p> <p>With Broccoli Saffron Rice</p> <p>Dessert Tray</p>	<p>Roast Pork w/Gravy Applesauce OR Herb Roasted Chicken Breast w/Gravy</p> <p>With Scalloped Potato Baked Yams Peas</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Ham & Pea Soup</p> <p>Deli Roast Beef Sandwich (lettuce, Tomato, Cucumber, Red Onion, Mustard) OR Chicken Pot Pie w/Gravy With Cabbage Slaw</p> <p>Feature Dessert Cook's Choice Cake</p>	<p>Cream of Corn w/Chicken</p> <p>Vegetable Dumpling OR Oriental Beef</p> <p>With Chow Mein w/Soy Sauce Stir Fry Vegetables</p> <p>Feature Dessert Egg Tart</p>	<p>Mixed Lentils</p> <p>Omelet Garlic Bread OR Sushi (California Roll)</p> <p>With House Salad Fruit Slices</p> <p>Feature Dessert Rice Pudding</p>	<p>Seafood Chowder</p> <p>Paella w/Saffron Rice (chicken, Sausage, Shrimp) OR Beef Pot Pie w/Gravy</p> <p>With House Green Salad</p> <p>Feature Dessert Appelkaka (Apple Cake)</p>	<p>Cream of Chicken</p> <p>Cottage Cheese Muffin OR Deluxe Tuna Salad on Croissant w/ Lettuce Pickles/Olives</p> <p>With Tropical Fruit Cup</p> <p>Feature Dessert Choc Pudding</p>	<p>Chef's Special</p> <p>Vegetarian Lasagna Garlic Bread OR Salmon Burger w/Tartar (Lettuce, Tomato, Red Onion)</p> <p>With House Salad</p> <p>Feature Dessert Peach Cobbler</p>	<p>Chef's Special</p> <p>Battered Fish Tartar/Lemon Wedge OR Farmers Sausage With Potato Wedges Caesar Salad Orange Slices</p> <p>Feature Dessert Lemon Meringue Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 5	Monday Dec 17/18	Tuesday Dec 18/18	Wednesday Dec 19/18	Thursday Dec 20/18	Friday Dec 21/18	Saturday Dec 22/18	Sunday Dec 23/18
Breakfast	Muffins Fruit Bowl	Bran/Blueberry Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Cheese Scone Fruit Bowl	Orange/Cranberry Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Fruit Scone Fruit Bowl
2pm Snack	Blueberry Tart	Cherry Loaf	Assorted Squares	Coconut Tart	Cranberry Loaf	Assorted Squares	Nutella Tart w/Fruit
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>Coconut Chicken Curry Naan Bread OR Polish Sausages Mashed Potato w/Gravy</p> <p>With Buttered Carrots Steamed Spinach</p> <p>Dessert Tray</p>	<p>Breaded Pork OR Baked Salmon</p> <p>With Risotto Grilled Mushroom Zucchini</p> <p>Dessert Tray</p>	<p>Roast Turkey w/Gravy & Cranberry Sauce OR Beef Stew</p> <p>With Mashed Potato Corn Roasted Beets</p> <p>Dessert Tray</p>	<p>Herb Baked Fish OR Sweet & Sour Pork</p> <p>With Rice Pilaf Green Beans</p> <p>Dessert Tray</p>	<p>Meatloaf w/Gravy OR BBQ Spareribs</p> <p>With Scalloped Potato Broccoli Carrots</p> <p>Dessert Tray</p>	<p>Chicken in Coconut Sauce OR</p> <p>With Jasmine Rice Peas Zucchini</p> <p>Dessert Tray</p>	<p>Roast Beef w/Gravy Horseradish OR Cordon Blue</p> <p>With Potato Mash Pesto Baked Tomato Steamed Rutabaga</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Vegetable Soup</p> <p>Chicken Salad on Croissant OR Beef & Macaroni Casserole</p> <p>With House Salad Feature Dessert Apple Cake</p>	<p>Minestrone Soup</p> <p>Hot Beef Sandwich on Sourdough Bread OR Chicken Strips & Chips With House Slaw Oranges Feature Dessert Assorted Cakes</p>	<p>Cream of Mushroom</p> <p>Creamy Salmon & Broccoli Casserole with Penne Baked OR Grilled Cheese & Tomato Sandwich With House Salad</p> <p>Feature Dessert Chef's Choice</p>	<p>Mixed Pea Soup</p> <p>Omelet with Salsa Garlic Bread Triangles OR Turkey Pot Pie w/Gravy</p> <p>With Caesar Salad</p> <p>Feature Dessert Tapioca Pudding</p>	<p>Borscht</p> <p>Seafood Cake w/ Aioli OR Cajun Wings w/Ranch Sauce</p> <p>With Salad Dinner Bun</p> <p>Feature Dessert Trifle</p>	<p>Chef's Choice</p> <p>Bacon Cheese Burger OR Vegetarian Quiche</p> <p>With Coleslaw Fruit Slices</p> <p>Feature Dessert Fruit Crisp</p>	<p>Chef's Choice</p> <p>Chef's Special Pizza OR Tuna Salad Sandwich</p> <p>With Caesar Salad Fruit Garnish</p> <p>Feature Dessert Coconut Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 1	Monday Dec 24/18	Tuesday Dec 25/18	Wednesday Dec 26/18	Thursday Dec 27/18	Friday Dec 28/18	Saturday Dec 29/18	Sunday Dec 30/18
Breakfast	Assorted Bagel Fruit Bowl	Bran & Raisin Muffin Fruit Bowl	Banana Nut Muffin Fruit Bowl	Scones Fruit Bowl	Cranberry Lemon Muffin Fruit Bowl	Carrot Muffin Fruit Bowl	Morning Glory Muffin Fruit Bowl
2pm Snack	Date Square	Cranberry Loaf	Butter Tarts	Banana Loaf	Bavarian Fruit Tart	Lemon Loaf	Assorted Snacks
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>Baked Ham OR Basa Fillet Baked w/Tomato Slices</p> <p>With Scalloped Potatoes Harvard Beets Peas</p> <p>Dessert Tray</p>	<p>Roasted Chicken Legs w/Gravy OR Sailors Beef Stew (Swedish)</p> <p>With Mashed Potato Carrots Corn</p> <p>Dessert Tray</p>	<p>Liver & Onions w/Beef Gravy OR Roast Pork w/Gravy</p> <p>With Roasted Potatoes Marinated Red Cabbage Broccoli</p> <p>Dessert Tray</p>	<p>Tandoori Chicken OR Herb Baked Salmon w/Lemon Wedge</p> <p>With Steamed Jasmine Rice Spinach Grilled Mushrooms</p> <p>Dessert Tray</p>	<p>Greek Lamb Chops OR Spanakopita</p> <p>With Tzatziki Sauce/Pita Bread Grilled Zucchini & Onions</p> <p>Dessert Tray</p>	<p><u>Brunch Menu Resident's Choice</u></p> <p>Waffles w/Strawberry Table Syrup Scrambled Eggs Bacon Sausage Fruit</p> <p>Dessert Tray</p>	<p>BBQ Beef Chuck OR Breaded Pork Cutlet w/Gravy</p> <p>With Baked Potato Yam Brussels Sprout</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>Wonton Soup</p> <p>Oriental Beef OR Chicken Dumpling</p> <p>With Stir-Fry Veg (Carrot, Onion, Broccoli)</p> <p>Chow Mein Noodles</p> <p><u>Feature Dessert</u> Egg Tart</p>	<p>Green Pea & Ham Soup</p> <p>Turkey Schnitzel w/Cranberry Sauce OR Cheese Omelette w/Salsa</p> <p>With House Coleslaw Potato Wedges</p> <p><u>Feature Dessert</u> Apple Crumble</p>	<p>Beef Vegetable Soup</p> <p>Chicken Burger (Lettuce, Tomato, Onion) OR Cornish Pasties</p> <p>With House Green Salad Orange Slices</p> <p><u>Feature Dessert</u> Bread Pudding w/Raisins</p>	<p>Cream of Broccoli</p> <p>Fettuccini Alfredo w/Mushroom & Spinach OR Cabbage Rolls</p> <p>With Garlic Bread Caesar Salad</p> <p><u>Feature Dessert</u> Pineapple Upside Down Cake</p>	<p>Mushroom Soup</p> <p>Philly Cheese Steak OR Salmon Quiche</p> <p>With House Salad Orange Slices</p> <p><u>Feature Dessert</u> Tapioca Pudding</p>	<p>Chef's Choice Soup</p> <p>Pepperoni Pizza (thinly sliced Green Pepper) OR Grilled Cheese Sandwich</p> <p>With Cucumber/Tomato & Red Onion Salad</p> <p><u>Feature Dessert</u> Berry Crisp</p>	<p>Chef's Choice Soup</p> <p>Perogies w/Onions Sour Cream Bacon OR Chicken Strips w/Dipping Sauce</p> <p>With Caesar Salad Orange Garnish</p> <p><u>Feature Dessert</u> Lemon Meringue Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 2	Monday Dec 31/18	Tuesday Jan 1/19	Wednesday Jan 2/19	Thursday Jan 3/19	Friday Jan 4/19	Saturday Jan 5/19	Sunday Jan 6/19
Breakfast	Apple Cranberry Muffin Fruit Bowl	Fruit Scone Fruit Bowl	Croissants Fruit Bowl	Assorted Bagels Fruit Bowl	Mixed Berry Lemon Scone Fruit Bowl	Bran & Raisin Muffins Fruit Bowl	Carrot Muffin Fruit Bowl
2pm Snack	Blueberry Loaf	Fruit Squares	Ponderosa Cake	Lemon Square	Cheddar/Zucchini Loaf	Bavarian Fruit Tart	Lemon Loaf
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>Lamb Stew in Creamy Dill Sauce OR Chef's Salmon Loin</p> <p>With Rice Pilaf Broccoli Sliced Tomato</p> <p>Dessert Tray</p>	<p>Chicken Piccata OR Islander Glazed Meatloaf</p> <p>With Mashed Potato Roasted Red Beets Carrots</p> <p>Dessert Tray</p>	<p>Beef Stroganoff Buttered Egg Noodle OR Vegetable Lasagna</p> <p>With Zucchini Grilled Onions</p> <p>Dessert Tray</p>	<p>10 Grain Breaded Pollock OR Corned Beef w/Mustard Cream Sauce</p> <p>With Scalloped Potato Buttered Cabbage Buttered Corn</p> <p>Dessert Tray</p>	<p>BBO Ribs OR Baked Cod Loin</p> <p>With Mashed Potatoes Buttered Green Beans Cauliflower</p> <p>Dessert Tray</p>	<p>Chicken Cordon Bleu Roast Potato OR Shepherd's Pie w/Gravy</p> <p>With Buttered Carrots w/Dill Sautéed Mushrooms</p> <p>Dessert Tray</p>	<p>Sage Crusted Pork w/Gravy OR Turkey Sausage w/Grilled Onions & Red Pepper</p> <p>With Mashed Potatoes Braised Red Cabbage Brussels Sprouts</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Beef Soup</p> <p>Cajun Wings Garlic Bread OR Monte Cristo Sandwich With House Coleslaw</p> <p>Feature Dessert Chocolate Cake</p>	<p>Seafood Chowder</p> <p>Beef Pot Pie w/Gravy OR Vegetable Quiche</p> <p>With Green Peas Orange Slices</p> <p>Feature Dessert Rhubarb Crumble (Rabarberpaj)</p>	<p>Cream Corn & Chicken Soup</p> <p>Sweet & Sour Pork OR Chicken Balls w/Plum Sauce</p> <p>With Jasmine Rice Vegetable Medley</p> <p>Feature Dessert Egg Tart</p>	<p>Chickpea/Barley Curry Soup</p> <p>Homemade Meat Lasagna OR Chicken Souvlaki w/Tzatziki Sauce Pita Bread</p> <p>With Green Salad Fruit Garnish</p> <p>Feature Dessert Pumpkin Mousse</p>	<p>Pumpkin Soup</p> <p>Ham & Pineapple Pizza House Salad OR Cottage Cheese Bran & Raisin Muffins Fruit</p> <p>Feature Dessert Rice a La Malta (Swedish Rice Pudding)</p>	<p>Chicken Noodle Soup</p> <p>Seafood Crepe w/Mornay Sauce OR Egg Salad Sandwich</p> <p>With Italian Green Salad Fruit Garnish</p> <p>Feature Dessert Mixed Fruit Crisp</p>	<p>Mushroom Dijon & Dill Soup</p> <p>Cabbage Rolls OR Chicken Tenders</p> <p>With Caesar Salad Garlic Bread</p> <p>Feature Dessert Banana Cream Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 3	Monday Jan 7/19	Tuesday Jan 8/19	Wednesday Jan 9/19	Thursday Jan 10/19	Friday Jan 11/19	Saturday Jan 12/19	Sunday Jan 13/19
Breakfast	Scones Fruit Bowl	Bran & Raisin Muffins Fruit Bowl	Assorted Bagels Fruit Bowl	Mixed Berry Scone Fruit Bowl	Orange/Cranberry Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Fruit Scone Fruit Bowl
2pm Snack	Blueberry Tart	Cherry Loaf	Assorted Squares	Coconut Tart	Cranberry Loaf	Assorted Squares	Tart w/Fruit
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>Meatballs Cooked in Brown Gravy OR BBQ Chicken Legs</p> <p>With Baked Potato w/Green Onion & Sour Cream Mixed Vegetables</p> <p>Dessert Tray</p>	<p>Turkey Schnitzel w/Cranberry Sauce OR 10 Grain Breaded Pollock</p> <p>With Rice Pilaf Broccoli & Cauliflower Medley</p> <p>Dessert Tray</p>	<p>Parmesan Crusted Chicken Breast OR Liver & Onions w/Gravy</p> <p>With Mashed Potatoes Buttered Peas Carrots</p> <p>Dessert Tray</p>	<p>Cranberry Glazed Pork Loin Roast w/Applesauce OR Breaded Veal</p> <p>With Mashed Potato Pickled Red Cabbage Zucchini</p> <p>Dessert Tray</p>	<p>Baked Salmon OR Salisbury Steak in Mushroom Gravy</p> <p>With Roast Potato Baked Yam Spinach</p> <p>Dessert Tray</p>	<p>Dijon Baked Chicken Breast OR Oktoberfest Sausage</p> <p>With Pan Fried Potatoes Buttered Carrots Corn</p> <p>Dessert Tray</p>	<p>Festive Ham w/Sauce OR Braised Beef Chuck w/Gravy</p> <p>With Baked Potato (sour cream, Green Onion, Bacon) Squash Peas</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Cream of Carrot w/Ginger</p> <p>Turkey Chill w/ Corn Bread OR Hot Pastrami Sandwich</p> <p>With House Coleslaw Fruit Garnish</p> <p>Feature Dessert Bread Pudding</p>	<p>Yellow Pea Soup</p> <p>Beef Burger on Brioche (Lettuce, Tomato, Red Onion, Special Sauce) OR Broccoli Quiche</p> <p>With Caesar Salad</p> <p>Feature Dessert German Cake</p>	<p>Cream of Vegetable</p> <p>Perogies w/Sliced Onions, Sour Cream, & Bacon Slices OR Macaroni & Cheese</p> <p>With Green Salad Garlic Bread</p> <p>Feature Dessert Peach & Blueberry Crumble</p>	<p>Seafood Chowder</p> <p>Spaghetti & Meat Sauce Garlic Bread OR Deli Turkey Sandwich on Cranberry Bread</p> <p>With House Salad</p> <p>Feature Dessert Chef's Choice</p>	<p>Creamy Yam Soup</p> <p>Tofu w/ Shanghai Sauce OR Teriyaki Chicken With Jasmine Rice Broccoli</p> <p>Feature Dessert Pudding</p>	<p>Chicken Noodle</p> <p>Pasta Primavera OR Battered Haddock Potato Wedge (Lemon & Tartar Sauce)</p> <p>With House Salad</p> <p>Feature Dessert Fruit Cobbler</p>	<p>Chef's Choice</p> <p>Chicken Wings Dinner Bun OR Open Face Smoked Salmon w/Cream Cheese on Rye Capers, Red Onion, Lemon With Caesar Salad Orange Garnish</p> <p>Feature Dessert Apple Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 4	Monday Jan 14/19	Tuesday Jan 15/19	Wednesday Jan 16/19	Thursday Jan 17/19	Friday Jan 18/19	Saturday Jan 19/19	Sunday Jan 20/19
Breakfast	Ham & Cheese Scone Fruit Bowl	Oatmeal Apple Muffin Fruit Bowl	Bran Pineapple Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Cran/Lemon Muffin Fruit Bowl	Fruit Scone Fruit Bowl	Croissant Fruit Bowl
2pm Snack	Blueberry Loaf	Fruit Squares	Ponderosa Cake	Lemon Square	Cheddar/Zucchini Loaf	Bavarian Fruit Tart	Lemon Loaf
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>BBQ Pork Loin OR Ginger Chicken</p> <p>With Scalloped Potatoes Vegetable Medley</p> <p>Dessert Tray</p>	<p>Herb Crusted Salmon OR Curried Potatoes & Chickpeas</p> <p>With Rice Spinach Carrots</p> <p>Dessert Tray</p>	<p>Pork Stew OR Liver & Onions w/Gravy</p> <p>With Mashed Potato Buttered Cabbage Squash</p> <p>Dessert Tray</p>	<p>Veal Parmesan OR Seafood Newburg</p> <p>With Buttered Spaghettini Peas Zucchini Grilled</p> <p>Dessert Tray</p>	<p>Turkey Schnitzel w/Gravy & Cranberry OR Cook's Baked Fish Special</p> <p>With Mashed Potato Spinach Corn</p> <p>Dessert Tray</p>	<p>Chicken Afritada (Spanish Chicken Stew w/Peppers, Peas, Potato) OR Lamb Meatballs w/Tzatziki Sauce</p> <p>With Broccoli Saffron Rice</p> <p>Dessert Tray</p>	<p>Roast Pork w/Gravy Applesauce OR Herb Roasted Chicken Breast w/Gravy</p> <p>With Scalloped Potato Baked Yams Peas</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Ham & Pea Soup</p> <p>Deli Roast Beef Sandwich (lettuce, Tomato, Cucumber, Red Onion, Mustard) OR Chicken Pot Pie w/Gravy With Cabbage Slaw</p> <p>Feature Dessert Cook's Choice Cake</p>	<p>Cream of Corn w/Chicken</p> <p>Vegetable Dumpling OR Oriental Beef</p> <p>With Chow Mein w/Soy Sauce Stir Fry Vegetables</p> <p>Feature Dessert Egg Tart</p>	<p>Mixed Lentils</p> <p>Omelet Garlic Bread OR Sushi (California Roll)</p> <p>With House Salad Fruit Slices</p> <p>Feature Dessert Rice Pudding</p>	<p>Seafood Chowder</p> <p>Paella w/Saffron Rice (chicken, Sausage, Shrimp) OR Beef Pot Pie w/Gravy</p> <p>With House Green Salad</p> <p>Feature Dessert Appelkaka (Apple Cake)</p>	<p>Cream of Chicken</p> <p>Cottage Cheese Muffin OR Deluxe Tuna Salad on Croissant w/ Lettuce Pickles/Olives</p> <p>With Tropical Fruit Cup</p> <p>Feature Dessert Choc Pudding</p>	<p>Chef's Special</p> <p>Vegetarian Lasagna Garlic Bread OR Salmon Burger w/Tartar (Lettuce, Tomato, Red Onion)</p> <p>With House Salad</p> <p>Feature Dessert Peach Cobbler</p>	<p>Chef's Special</p> <p>Battered Fish Tartar/Lemon Wedge OR Farmers Sausage With Potato Wedges Caesar Salad Orange Slices</p> <p>Feature Dessert Lemon Meringue Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 5	Monday Jan 21/19	Tuesday Jan 22/19	Wednesday Jan 23/19	Thursday Jan 24/19	Friday Jan 25/19	Saturday Jan 26/19	Sunday Jan 27/19
Breakfast	Muffins Fruit Bowl	Bran/Blueberry Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Cheese Scone Fruit Bowl	Orange/Cranberry Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Fruit Scone Fruit Bowl
2pm Snack	Blueberry Tart	Cherry Loaf	Assorted Squares	Coconut Tart	Cranberry Loaf	Assorted Squares	Nutella Tart w/Fruit
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad
Lunch 1st Seating 11:30am 2nd Seating 12:30 pm Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit	Coconut Chicken Curry Naan Bread OR Polish Sausages Mashed Potato w/Gravy With Buttered Carrots Steamed Spinach Dessert Tray	Breaded Pork OR Baked Salmon With Risotto Grilled Mushroom Zucchini Dessert Tray	Roast Turkey w/Gravy & Cranberry Sauce OR Beef Stew With Mashed Potato Corn Roasted Beets Dessert Tray	Herb Baked Fish OR Sweet & Sour Pork With Rice Pilaf Green Beans Dessert Tray	Meatloaf w/Gravy OR BBQ Spareribs With Scalloped Potato Broccoli Carrots Dessert Tray	Chicken in Coconut Sauce OR With Jasmine Rice Peas Zucchini Dessert Tray	Roast Beef w/Gravy Horseradish OR Cordon Blue With Potato Mash Pesto Baked Tomato Steamed Rutabaga Dessert Tray
Supper 1st Seating 4:30 pm 2nd Seating 5:30 pm	Vegetable Soup Chicken Salad on Croissant OR Beef & Macaroni Casserole With House Salad Feature Dessert Apple Cake	Minestrone Soup Hot Beef Sandwich on Sourdough Bread OR Chicken Strips & Chips With House Slaw Oranges Feature Dessert Assorted Cakes	Cream of Mushroom Creamy Salmon & Broccoli Casserole with Penne Baked OR Grilled Cheese & Tomato Sandwich With House Salad Feature Dessert Chef's Choice	Mixed Pea Soup Omelet with Salsa Garlic Bread Triangles OR Turkey Pot Pie w/Gravy With Caesar Salad Feature Dessert Tapioca Pudding	Borscht Seafood Cake w/ Aioli OR Cajun Wings w/Ranch Sauce With Salad Dinner Bun Feature Dessert Trifle	Chef's Choice Bacon Cheese Burger OR Vegetarian Quiche With Coleslaw Fruit Slices Feature Dessert Fruit Crisp	Chef's Choice Chef's Special Pizza OR Tuna Salad Sandwich With Caesar Salad Fruit Garnish Feature Dessert Coconut Pie

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 1	Monday Jan 28/19	Tuesday Jan 29/19	Wednesday Jan 30/19	Thursday Jan 31/19	Friday Feb 1/19	Saturday Feb 2/19	Sunday Feb 3/19
Breakfast	Assorted Bagel Fruit Bowl	Bran & Raisin Muffin Fruit Bowl	Banana Nut Muffin Fruit Bowl	Scones Fruit Bowl	Cranberry Lemon Muffin Fruit Bowl	Carrot Muffin Fruit Bowl	Morning Glory Muffin Fruit Bowl
2pm Snack	Date Square	Cranberry Loaf	Butter Tarts	Banana Loaf	Bavarian Fruit Tart	Lemon Loaf	Assorted Snacks
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>Baked Ham OR Basa Fillet Baked w/Tomato Slices</p> <p>With Scalloped Potatoes Harvard Beets Peas</p> <p>Dessert Tray</p>	<p>Roasted Chicken Legs w/Gravy OR Sailors Beef Stew (Swedish)</p> <p>With Mashed Potato Carrots Corn</p> <p>Dessert Tray</p>	<p>Liver & Onions w/Beef Gravy OR Roast Pork w/Gravy</p> <p>With Roasted Potatoes Marinated Red Cabbage Broccoli</p> <p>Dessert Tray</p>	<p>Tandoori Chicken OR Herb Baked Salmon w/Lemon Wedge</p> <p>With Steamed Jasmine Rice Spinach Grilled Mushrooms</p> <p>Dessert Tray</p>	<p>Greek Lamb Chops OR Spanakopita</p> <p>With Tzatziki Sauce/Pita Bread Grilled Zucchini & Onions</p> <p>Dessert Tray</p>	<p><u>Brunch Menu</u> <u>Resident's Choice</u></p> <p>Waffles w/Strawberry Table Syrup Scrambled Eggs Bacon Sausage Fruit</p> <p>Dessert Tray</p>	<p>BBQ Beef Chuck OR Breaded Pork Cutlet w/Gravy</p> <p>With Baked Potato Yam Brussels Sprout</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>Wonton Soup</p> <p>Oriental Beef OR Chicken Dumpling</p> <p>With Stir-Fry Veg (Carrot, Onion, Broccoli)</p> <p>Chow Mein Noodles</p> <p><u>Feature Dessert</u> Egg Tart</p>	<p>Green Pea & Ham Soup</p> <p>Turkey Schnitzel w/Cranberry Sauce OR Cheese Omelette w/Salsa</p> <p>With House Coleslaw Potato Wedges</p> <p><u>Feature Dessert</u> Apple Crumble</p>	<p>Beef Vegetable Soup</p> <p>Chicken Burger (Lettuce, Tomato, Onion) OR Cornish Pasties</p> <p>With House Green Salad Orange Slices</p> <p><u>Feature Dessert</u> Bread Pudding w/Raisins</p>	<p>Cream of Broccoli</p> <p>Fettuccini Alfredo w/Mushroom & Spinach OR Cabbage Rolls</p> <p>With Garlic Bread Caesar Salad</p> <p><u>Feature Dessert</u> Pineapple Upside Down Cake</p>	<p>Mushroom Soup</p> <p>Philly Cheese Steak OR Salmon Quiche</p> <p>With House Salad Orange Slices</p> <p><u>Feature Dessert</u> Tapioca Pudding</p>	<p>Chef's Choice Soup</p> <p>Pepperoni Pizza (thinly sliced Green Pepper) OR Grilled Cheese Sandwich</p> <p>With Cucumber/Tomato & Red Onion Salad</p> <p><u>Feature Dessert</u> Berry Crisp</p>	<p>Chef's Choice Soup</p> <p>Perogies w/Onions Sour Cream Bacon OR Chicken Strips w/Dipping Sauce</p> <p>With Caesar Salad Orange Garnish</p> <p><u>Feature Dessert</u> Lemon Meringue Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 2	Monday Feb 4/19	Tuesday Feb 5/19	Wednesday Feb 6/19	Thursday Feb 7/19	Friday Feb 8/19	Saturday Feb 9/19	Sunday Feb 10/19
Breakfast	Apple Cranberry Muffin Fruit Bowl	Fruit Scone Fruit Bowl	Croissants Fruit Bowl	Assorted Bagels Fruit Bowl	Mixed Berry Lemon Scone Fruit Bowl	Bran & Raisin Muffins Fruit Bowl	Carrot Muffin Fruit Bowl
2pm Snack	Blueberry Loaf	Fruit Squares	Ponderosa Cake	Lemon Square	Cheddar/Zucchini Loaf	Bavarian Fruit Tart	Lemon Loaf
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>Lamb Stew in Creamy Dill Sauce OR Chef's Salmon Loin</p> <p>With Rice Pilaf Broccoli Sliced Tomato</p> <p>Dessert Tray</p>	<p>Chicken Piccata OR Islander Glazed Meatloaf</p> <p>With Mashed Potato Roasted Red Beets Carrots</p> <p>Dessert Tray</p>	<p>Beef Stroganoff Buttered Egg Noodle</p> <p>OR Vegetable Lasagna</p> <p>With Zucchini Grilled Onions</p> <p>Dessert Tray</p>	<p>10 Grain Breaded Pollock OR Corned Beef w/Mustard Cream Sauce</p> <p>With Scalloped Potato Buttered Cabbage Buttered Corn</p> <p>Dessert Tray</p>	<p>BBO Ribs OR Baked Cod Loin</p> <p>With Mashed Potatoes Buttered Green Beans Cauliflower</p> <p>Dessert Tray</p>	<p>Chicken Cordon Bleu Roast Potato OR Shepherd's Pie w/Gravy</p> <p>With Buttered Carrots w/Dill Sautéed Mushrooms</p> <p>Dessert Tray</p>	<p>Sage Crusted Pork w/Gravy OR Turkey Sausage w/Grilled Onions & Red Pepper</p> <p>With Mashed Potatoes Braised Red Cabbage Brussels Sprouts</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Beef Soup</p> <p>Cajun Wings Garlic Bread OR Monte Cristo Sandwich With House Coleslaw</p> <p>Feature Dessert Chocolate Cake</p>	<p>Seafood Chowder</p> <p>Beef Pot Pie w/Gravy OR Vegetable Quiche</p> <p>With Green Peas Orange Slices</p> <p>Feature Dessert Rhubarb Crumble (Rabarberpaj)</p>	<p>Cream Corn & Chicken Soup</p> <p>Sweet & Sour Pork OR Chicken Balls w/Plum Sauce</p> <p>With Jasmine Rice Vegetable Medley</p> <p>Feature Dessert Egg Tart</p>	<p>Chickpea/Barley Curry Soup</p> <p>Homemade Meat Lasagna OR Chicken Souvlaki w/Tzatziki Sauce Pita Bread</p> <p>With Green Salad Fruit Garnish</p> <p>Feature Dessert Pumpkin Mousse</p>	<p>Pumpkin Soup</p> <p>Ham & Pineapple Pizza House Salad OR Cottage Cheese Bran & Raisin Muffins Fruit</p> <p>Feature Dessert Rice a La Malta (Swedish Rice Pudding)</p>	<p>Chicken Noodle Soup</p> <p>Seafood Crepe w/Mornay Sauce OR Egg Salad Sandwich</p> <p>With Italian Green Salad Fruit Garnish</p> <p>Feature Dessert Mixed Fruit Crisp</p>	<p>Mushroom Dijon & Dill Soup</p> <p>Cabbage Rolls OR Chicken Tenders</p> <p>With Caesar Salad Garlic Bread</p> <p>Feature Dessert Banana Cream Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 3	Monday Feb 11/19	Tuesday Feb 12/19	Wednesday Feb 13/19	Thursday Feb 14/19	Friday Feb 15/19	Saturday Feb 16/19	Sunday Feb 17/19
Breakfast	Scones Fruit Bowl	Bran & Raisin Muffins Fruit Bowl	Assorted Bagels Fruit Bowl	Mixed Berry Scone Fruit Bowl	Orange/Cranberry Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Fruit Scone Fruit Bowl
2pm Snack	Blueberry Tart	Cherry Loaf	Assorted Squares	Coconut Tart	Cranberry Loaf	Assorted Squares	Tart w/Fruit
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>Meatballs Cooked in Brown Gravy OR BBQ Chicken Legs</p> <p>With Baked Potato w/Green Onion & Sour Cream Mixed Vegetables</p> <p>Dessert Tray</p>	<p>Turkey Schnitzel w/Cranberry Sauce OR 10 Grain Breaded Pollock</p> <p>With Rice Pilaf Broccoli & Cauliflower Medley</p> <p>Dessert Tray</p>	<p>Parmesan Crusted Chicken Breast OR Liver & Onions w/Gravy</p> <p>With Mashed Potatoes Buttered Peas Carrots</p> <p>Dessert Tray</p>	<p>Cranberry Glazed Pork Loin Roast w/Applesauce OR Breaded Veal</p> <p>With Mashed Potato Pickled Red Cabbage Zucchini</p> <p>Dessert Tray</p>	<p>Baked Salmon OR Salisbury Steak in Mushroom Gravy</p> <p>With Roast Potato Baked Yam Spinach</p> <p>Dessert Tray</p>	<p>Dijon Baked Chicken Breast OR Oktoberfest Sausage</p> <p>With Pan Fried Potatoes Buttered Carrots Corn</p> <p>Dessert Tray</p>	<p>Festive Ham w/Sauce OR Braised Beef Chuck w/Gravy</p> <p>With Baked Potato (sour cream, Green Onion, Bacon) Squash Peas</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Cream of Carrot w/Ginger</p> <p>Turkey Chill w/ Corn Bread OR Hot Pastrami Sandwich</p> <p>With House Coleslaw Fruit Garnish</p> <p>Feature Dessert Bread Pudding</p>	<p>Yellow Pea Soup</p> <p>Beef Burger on Brioche (Lettuce, Tomato, Red Onion, Special Sauce) OR Broccoli Quiche</p> <p>With Caesar Salad</p> <p>Feature Dessert German Cake</p>	<p>Cream of Vegetable</p> <p>Perogies w/Sliced Onions, Sour Cream, Bacon Slices OR Macaroni & Cheese</p> <p>With Green Salad Garlic Bread</p> <p>Feature Dessert Peach & Blueberry Crumble</p>	<p>Seafood Chowder</p> <p>Spaghetti & Meat Sauce Garlic Bread OR Deli Turkey Sandwich on Cranberry Bread</p> <p>With House Salad</p> <p>Feature Dessert Chef's Choice</p>	<p>Creamy Yam Soup</p> <p>Tofu w/ Shanghai Sauce OR Teriyaki Chicken With Jasmine Rice Broccoli</p> <p>Feature Dessert Pudding</p>	<p>Chicken Noodle</p> <p>Pasta Primavera OR Battered Haddock Potato Wedge (Lemon & Tartar Sauce)</p> <p>With House Salad</p> <p>Feature Dessert Fruit Cobbler</p>	<p>Chef's Choice</p> <p>Chicken Wings Dinner Bun OR Open Face Smoked Salmon w/Cream Cheese on Rye Capers, Red Onion, Lemon With Caesar Salad Orange Garnish</p> <p>Feature Dessert Apple Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 4	Monday Feb 18/19	Tuesday Feb 19/19	Wednesday Feb 20/19	Thursday Feb 21/19	Friday Feb 22/19	Saturday Feb 23/19	Sunday Feb 24/19
Breakfast	Ham & Cheese Scone Fruit Bowl	Oatmeal Apple Muffin Fruit Bowl	Bran Pineapple Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Cran/Lemon Muffin Fruit Bowl	Fruit Scone Fruit Bowl	Croissant Fruit Bowl
2pm Snack	Blueberry Loaf	Fruit Squares	Ponderosa Cake	Lemon Square	Cheddar/Zucchini Loaf	Bavarian Fruit Tart	Lemon Loaf
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House 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>BBQ Pork Loin OR Ginger Chicken</p> <p>With Scalloped Potatoes Vegetable Medley</p> <p>Dessert Tray</p>	<p>Herb Crusted Salmon OR Curried Potatoes & Chickpeas</p> <p>With Rice Spinach Carrots</p> <p>Dessert Tray</p>	<p>Pork Stew OR Liver & Onions w/Gravy</p> <p>With Mashed Potato Buttered Cabbage Squash</p> <p>Dessert Tray</p>	<p>Veal Parmesan OR Seafood Newburg</p> <p>With Buttered Spaghettini Peas Zucchini Grilled</p> <p>Dessert Tray</p>	<p>Turkey Schnitzel w/Gravy & Cranberry OR Cook's Baked Fish Special</p> <p>With Mashed Potato Spinach Corn</p> <p>Dessert Tray</p>	<p>Chicken Afritada (Spanish Chicken Stew w/Peppers, Peas, Potato) OR Lamb Meatballs w/Tzatziki Sauce</p> <p>With Broccoli Saffron Rice</p> <p>Dessert Tray</p>	<p>Roast Pork w/Gravy Applesauce OR Herb Roasted Chicken Breast w/Gravy</p> <p>With Scalloped Potato Baked Yams Peas</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Ham & Pea Soup</p> <p>Deli Roast Beef Sandwich (lettuce, Tomato, Cucumber, Red Onion, Mustard) OR Chicken Pot Pie w/Gravy With Cabbage Slaw</p> <p>Feature Dessert Cook's Choice Cake</p>	<p>Cream of Corn w/Chicken</p> <p>Vegetable Dumpling OR Oriental Beef</p> <p>With Chow Mein w/Soy Sauce Stir Fry Vegetables</p> <p>Feature Dessert Egg Tart</p>	<p>Mixed Lentils</p> <p>Omelet Garlic Bread OR Sushi (California Roll)</p> <p>With House Salad Fruit Slices</p> <p>Feature Dessert Rice Pudding</p>	<p>Seafood Chowder</p> <p>Paella w/Saffron Rice (chicken, Sausage, Shrimp) OR Beef Pot Pie w/Gravy</p> <p>With House Green Salad</p> <p>Feature Dessert Appelkaka (Apple Cake)</p>	<p>Cream of Chicken</p> <p>Cottage Cheese Muffin OR Deluxe Tuna Salad on Croissant w/ Lettuce Pickles/Olives</p> <p>With Tropical Fruit Cup</p> <p>Feature Dessert Choc Pudding</p>	<p>Chef's Special</p> <p>Vegetarian Lasagna Garlic Bread OR Salmon Burger w/Tartar (Lettuce, Tomato, Red Onion)</p> <p>With House Salad</p> <p>Feature Dessert Peach Cobbler</p>	<p>Chef's Special</p> <p>Battered Fish Tartar/Lemon Wedge OR Farmers Sausage With Potato Wedges Caesar Salad Orange Slices</p> <p>Feature Dessert Lemon Meringue Pie</p>

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee

Swedish Assisted Living – Fall & Winter Menu 2018-2019

Week 5	Monday Feb 25/19	Tuesday Feb 26/19	Wednesday Feb 27/19	Thursday Feb 28/19	Friday Mar 1/19	Saturday Mar 2/19	Sunday Mar 3/19
Breakfast	Muffins Fruit Bowl	Bran/Blueberry Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Cheese Scone Fruit Bowl	Orange/Cranberry Muffin Fruit Bowl	Assorted Bagels Fruit Bowl	Fruit Scone Fruit Bowl
2pm Snack	Blueberry Tart	Cherry Loaf	Assorted Squares	Coconut Tart	Cranberry Loaf	Assorted Squares	Nutella Tart w/Fruit
7pm Snack	Oatmeal Cookie	Peanut Butter Cookie	Shortbread Cookie	Coconut Macaroon	Pecan Choc Chip Cookie	Ginger Cookie	Assorted Cookie
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad
Lunch 1st Seating 11:30am 2nd Seating 12:30 pm Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit	Coconut Chicken Curry Naan Bread OR Polish Sausages Mashed Potato w/Gravy With Buttered Carrots Steamed Spinach Dessert Tray	Breaded Pork OR Baked Salmon With Risotto Grilled Mushroom Zucchini Dessert Tray	Roast Turkey w/Gravy & Cranberry Sauce OR Beef Stew With Mashed Potato Corn Roasted Beets Dessert Tray	Herb Baked Fish OR Sweet & Sour Pork With Rice Pilaf Green Beans Dessert Tray	Meatloaf w/Gravy OR BBQ Spareribs With Scalloped Potato Broccoli Carrots Dessert Tray	Chicken in Coconut Sauce OR With Jasmine Rice Peas Zucchini Dessert Tray	Roast Beef w/Gravy Horseradish OR Cordon Blue With Potato Mash Pesto Baked Tomato Steamed Rutabaga Dessert Tray
Supper 1st Seating 4:30 pm 2nd Seating 5:30 pm	Vegetable Soup Chicken Salad on Croissant OR Beef & Macaroni Casserole With House Salad Feature Dessert Apple Cake	Minestrone Soup Hot Beef Sandwich on Sourdough Bread OR Chicken Strips & Chips With House Slaw Oranges Feature Dessert Assorted Cakes	Cream of Mushroom Creamy Salmon & Broccoli Casserole with Penne Baked OR Grilled Cheese & Tomato Sandwich With House Salad Feature Dessert Chef's Choice	Mixed Pea Soup Omelet with Salsa Garlic Bread Triangles OR Turkey Pot Pie w/Gravy With Caesar Salad Feature Dessert Tapioca Pudding	Borscht Seafood Cake w/ Aioli OR Cajun Wings w/Ranch Sauce With Salad Dinner Bun Feature Dessert Trifle	Chef's Choice Bacon Cheese Burger OR Vegetarian Quiche With Coleslaw Fruit Slices Feature Dessert Fruit Crisp	Chef's Choice Chef's Special Pizza OR Tuna Salad Sandwich With Caesar Salad Fruit Garnish Feature Dessert Coconut Pie

Available at:

- **Dinner** – Bread, rice, mashed potato, water, milk, tea, coffee
- **Supper**-Crackers with Soup, Bread water, milk, tea, coffee
- **Snacks** - Assorted Juice, Tea, Coffee