

# LAKESSIDE WEEKLY FARE

January 6<sup>th</sup> – January 12<sup>th</sup>

## MONDAY 1/07

### SOUP DU JOUR

French Onion Soup

### LUNCH & DINNER

Carved Roast Beef HH/GF  
w. Horseradish & Au Jus

Green Peas HH/GF  
Spinach HH/GF  
Gingered Carrots HH/GF  
Twice-Baked Potatoes  
Cabernet Blend Grains  
HH/GF

## TUESDAY 1/08

### SOUP DU JOUR

Tomato Basil Bisque

### LUNCH & DINNER

Arbor Smoked Chicken w.  
BBQ Sauce HH/GF

Swiss-Chard HH/GF  
Broccoli HH/GF  
Baby Lima Beans HH/GF  
Macaroni & Cheese  
Mountain Red Blend Grains  
HH/GF

## WEDNESDAY 1/09

### SOUP DU JOUR

Split Pea Soup

### LUNCH & DINNER

Breaded Pork Chops w.  
Stewed Apples

Collard Greens HH/GF  
Cauliflower HH/GF  
Creamed Corn GF  
Black-Eyed Peas HH/GF  
Whole Grain 5 Blend HH/GF

## THURSDAY 1/10

### SOUP DU JOUR

Broccoli & Cheese Soup

### LUNCH & DINNER

Fried & Roasted Chicken  
HH/GF  
Yellow Squash w. Onions  
HH/GF  
Okra & Tomatoes HH/GF  
Mixed Greens HH/GF  
Pinto Beans w. Chow-Chow  
HH/GF  
Potato Wedges HH/GF

## FRIDAY 1/11

### SOUP DU JOUR

NE Clam Chowder

### LUNCH & DINNER

Baked Salmon w. Lemon Dill  
Sauce HH/GF  
Green Beans w. Almonds  
HH/GF  
Zucchini HH/GF  
Parmesan Tomatoes HH/GF  
Brown Basmati Rice HH/GF  
Red Bliss Potatoes HH/GF

## SATURDAY 1/12

### SOUP DU JOUR

Chicken Tortilla Soup

### LUNCH & DINNER

Baked Potato Bar  
Homemade Chili HH/GF  
Broccoli HH/GF  
Carrots HH/GF  
Corn on the Cob GF  
Garlic Breadsticks

### SATURDAY NIGHT FEATURED ENTRÉE

Baked Shrimp Alfredo w.  
Penne Pasta

## LAKESSIDE SUNDAY LUNCH BUFFET 1/06

11:30 AM – 1:30 PM

Fried & Roasted Chicken HH/GF  
Beef Tenderloin w. Mushroom Demi-  
Glace HH/GF  
Asparagus HH/GF  
Stewed Tomatoes HH/GF  
Corn on the Cob GF  
Mashed Potatoes GF  
Tuxedo Barley Blend Grains HH/GF

## SUNDAY EVENING

Amish Meatloaf  
Peas & Carrots HH/GF

### BOXED MEAL:

Greek Salad  
w. Chips, Muffin & Cookie

### FRIDAY NIGHT FEATURED ENTRÉE

Beef Stroganoff w. Egg  
Noodles

## SMART STARCHES

### CABERNET BLEND GRAINS (MONDAY 1/07)

Red Rice, Barley, Rye & Long-Grain Rice

### MOUNTAIN RED BLEND GRAINS (TUESDAY 1/08)

Red Rice, Red Jasmine Rice, Black Quinoa, Green Lentils &  
Long-Grain White Rice.

### WHOLE GRAIN 5 BLEND (WEDNESDAY 1/09)

Red Rice, Grano, Wild Rice, Sprouted Brown Rice & Long-Grain Brown  
Rice