

Ocean View Menu Selections

MONDAY

Mushroom Barley Soup ~ House Salad~ Fresh Fruit Cup (*gf,df*)
Southwestern Cobb Salad with Avocado Dressing (*gf,df*)
Raspberry Glazed Grilled Chicken (*gf,df*)
Honey Cornbread ~ Crimson Coleslaw (*gf,df*)~ Peas (*gf,df*)
Baked Vanilla Custard (*gf*), Cookies and Ice Cream Selections
Sugar Free & Gluten Free Available

TUESDAY

Chicken & Wild Rice Soup (*gf*)~ House Salad~ Fresh Fruit Cup (*gf,df*)
Baked Haddock with Crumb Topping
Barbequed Baby Back Ribs (*gf,df*)
Brown Rice Pilaf ~Chopped Salad (*gf,df*) ~ Baked Beans (*df*)
Raspberry Jam Cake, ~ Cookies and Ice Cream Selections
Sugar Free & Gluten Free Available

WEDNESDAY-

Broccoli Cheese Soup ~ House Salad~ Fresh Fruit Cup (*gf,df*)
Roast Beef Sirloin au Jus (*gf,df*)
Seafood Newburg with Toast Points
Baked Potato (*gf,df*)~Wax Beans (*gf,df*)~ Zucchini (*gf,df*)
Lemon Blueberry Streusel Pie, Cookies and Ice Cream Selections,
Sugar Free & Gluten Free Available

September 15-21, Week 1

THURSDAY

Italian Wedding Soup (*df*) ~ House Salad~ Fresh Fruit Cup (*gf,df*)
Lamb Meatloaf
Mushroom Ravioli
Mashed Potatoes (*gf*) ~ Summer Squash (*gf,df*)~ Fresh Asparagus (*gf,df*)
Brownie a la Mode ~ Cookies and Ice Cream Selections
Sugar Free & Gluten Free Available

FRIDAY

Corn Chowder ~ House Salad~ Fresh Fruit Cup (*gf,df*)
Chicken Florentine Meatballs
Maine Mussels with Garlic Bread
Penne Pasta (*df*) ~ Broccoli (*gf,df*)~ Roasted Mushrooms (*gf,df*)
Strawberry Rhubarb Crisp, Cookies and Ice Cream Selections,
Sugar Free & Gluten Free Available

SATURDAY BREAKFAST

Baked Pastry Selection
Fresh Berries (*gf,df*)
Greek Yogurt (*gf*)
Old Fashioned Oatmeal (*gf,df*)
Blueberry Pancakes
Scrambled Eggs (*gf,df*)
Chef's Special Breakfast
Bacon, Sausage (*gf,df*)~

SUNDAY BRUNCH

Cream of Celery Soup ~ House Salad~
Fresh Fruit Cup (*gf,df*)
Roast Beef Tenderloin (*gf,df*)
Salmon with Mustard & Herbs (*gf,df*)
Classic Eggs Benedict
Whipped Potato
Cauliflower (*gf,df*) ~Green Beans(*gf,df*)
Lemon Meringue Pie
Sugar Free & Gluten Free Available