OceanView Menu Selections

February 16-22, Week 5

MONDAY

Wild Mushroom Soup ~ Green Salad *(gf,df)* ~ Fruit Cup *(gf,df)*

Baked Haddock with Seasoned Crumbs

Spinach Ricotta "Meatballs"

Creamy Corn Polenta *(gf)* ~ Peas *(gf,df)* ~ Delicata Squash *(gf,df)*

Bourbon Bread Pudding ~ Cookies and Ice Cream Selections,

Sugar Free and GF Available

TUESDAY

Minestrone Soup *(df)* ~ Green Salad *(gf,df)* ~ Fruit Cup *(gf,df)*

Chicken Parmesan

Fisherman's Pie

Egg Noodles ~ Sauteed Baby Spinach *(gf,df)* ~ Braised Red Cabbage *(gf,df)*

Banana Cake w/ Frosting ~ Cookies and Ice Cream Selections,

Sugar Free and GF Available

WEDNESDAY

Sweet Potato and Leek Soup *(gf)* ~ Green Salad *(gf,df)* ~ Fruit Cup *(gf,df)*

Slow Roasted Sirloin *(gf,df)*

Shrimp Scampi over Pasta

Whipped Potatoes *(gf)* ~ Broccoli *(gf,df)* ~ Vegetable Medley *(gf,df)*

Lemon Pudding Cake ~ Cookies and Ice Cream Selections,

Sugar Free and GF Available

THURSDAY

Ham and Bean Soup *(gf,df)* ~ Green Salad *(gf,df)* ~ Fruit Cup *(gf,df)*

Roast Pork Loin with Gravy

Spinach Quiche

Mashed Sweet Potatoes *(gf)* ~ Stewed Tomatoes *(gf,df)* ~ Sauerkraut *(gf,df)*

Apple Brownie ~ Cookies and Ice Cream Selections, Sugar Free and GF Available

FRIDAY

Clam Chowder ~ Green Salad *(gf,df)* ~ Fruit Cup *(gf,df)*

Sausage Cacciatore *(gf,df)*

Beef Burgundy *(df)*

Red Potatoes *(gf,df)* ~ Green Bean Casserole ~ Roasted Cauliflower *(gf,df)*

Home Made Chocolate Pudding *(gf)* ~ Cookies and Ice Cream Selections,

Sugar Free and GF Available

SATURDAY BREAKFAST

Baked Pastry Selection

Fresh Berries,*(gf,df)* Greek Yogurt

Old Fashioned Oatmeal

Blueberry Pancakes

Scrambled Eggs *(gf,df)*

Chef's Special Breakfast

Bacon, Sausage *(gf,df)*

Sunday Brunch

Cream of Tomato Soup ~ Green Salad *(gf,df)* ~ Fruit Cup *(gf,df)*

Roast Turkey Breast w/ Gravy & Cranberry Sauce *(df)*

Harvest Salad *(gf)*

Seafood Jambalaya *(gf,df)*

Baked Sweet Potato *(gf,df)*

Maple Carrots *(gf,df)* ~ Creamed Onions *(gf,df)*

Pecan Pie~ Cookies and Ice Cream