

Ocean View Menu Selections

MONDAY

Mushroom Marsala Soup ~ House Salad (*gf,df*) ~ Fresh Fruit Cup (*gf,df*)
Cobb Salad (*gf*)
Shrimp Burger (*df*)
Creamy Corn Polenta (*gf*) ~ Peas (*gf,df*) ~ Carrots (*gf,df*)
Blueberry Cobbler ~ Cookies and Ice Cream Selections
Gluten Free and Sugar Free Available

TUESDAY

Minestrone Soup (*df*) ~ House Salad (*gf,df*) ~ Fresh Fruit Cup (*gf,df*)
Savory Pork Tenderloin (*gf,df*)
Caprese Chicken Salad (*gf*)
Mashed Sweet Potato (*gf*) ~Vegetable Medley (*gf,df*) ~ Napa Cabbage (*gf,df*)
Lemon Cupcake ~ Cookies and Ice Cream Selections
Gluten Free and Sugar Free Available

WEDNESDAY

Sweet Potato & Leek Soup (*gf*) ~ House Salad (*gf,df*) ~ Fresh Fruit Cup(*gf,df*)
Roast Beef Ribeye au Jus (*gf,df*)
Baked Haddock with Crumb Topping
Whipped Yukon Gold Potatoes (*gf*) ~ Summer Squash (*gf,df*) ~
Chick Pea & Roasted Red Pepper Salad (*gf,df*)
Strawberry Shortcake ~ Cookies and Ice Cream Selections
Gluten Free and Sugar Free Available

August 3-9, Week 5

THURSDAY

Ham and Bean Soup (*gf,df*) ~ House Salad (*gf,df*) ~ Fresh Fruit Cup (*gf,df*)
Baked Shrimp with Feta & Vegetables (*gf*)
Roast Duck Salad with Raspberries (*gf,df*)
Orzo (*df*) ~ Blistered Cherry Tomatoes (*gf,df*) ~ Baby Spinach Sauté (*gf,df*)
Peach Raspberry Crisp ~ Cookies and Ice Cream Selections
Gluten Free and Sugar Free Available

FRIDAY

Clam Chowder ~ House Salad (*gf,df*) ~ Fresh Fruit Cup (*gf,df*)
Chicken A la King
Baked Mahi Mahi with Scallion & Ginger Butter (*gf*)
Egg Noodles ~ Fresh Green Beans (*gf,df*) ~Roasted Cauliflower (*gf,df*)
Home Made Chocolate Pudding ~ Cookies and Ice Cream Selections
GF and Sugar Free Available

SUNDAY BRUNCH

SATURDAY BREAKFAST

Baked Pastry Selection
Fresh Berries, Greek Yogurt &
Granola
Old Fashioned Oatmeal
Blueberry Pancakes
Scrambled Eggs
Chef's Special Breakfast
Bacon, Sausage

Cream of Tomato Soup ~ House Salad
(*gf,df*) ~ Fresh Fruit Cup (*gf,df*)
Baked Ham (*gf,df*)
Pasta Primavera
Fruit & Berry Salad Plate w/ Cottage
Cheese & Grilled Banana Bread
Baked Sweet Potato (*gf,df*) ~
Fresh Asparagus (*gf,df*) ~
Roasted Vegetables (*gf,df*)
Peach Pie ~ Cookies and Ice Cream Se-
lections