

# Sample Menu

BLUE BELL PLACE

 A WATERMARK COMMUNITY

*Our chefs are constantly introducing new menus for our residents. Below is a sampling of menu items our residents enjoy daily.*

## *Heart Healthy Options*

This heart healthy symbol indicates a low fat, low cholesterol and low sodium item.

### **BREAKFAST**

#### **Whole Grain Cereal**

Choice of hot or cold

#### **Eggs Your Way**

Choose from Scrambled Eggs, Hard Fried Egg, Hard Poached Egg, Bacon and Cheese Scrambled Bake or Sausage and Onion Omelet served with Whole Grain Toast, Sausage Link or Bacon, Breakfast Potatoes and fresh Fruit

## **Egg Beaters**

Eggs scrambled to perfection topped with Cheddar Cheese served with Whole Grain Toast, Yogurt and fresh Fruit

#### **Western Scrambled Eggs**

Eggs scrambled with Ham, Bell Pepper, Onion and Cheddar Cheese served with Breakfast Potatoes, Sausage Patty and fresh Fruit

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## **BREAKFAST** *(CONTINUED)*

### **Buttermilk Pancakes with Syrup**

Fluffy Buttermilk Pancakes topped with Maple Syrup served with Sausage Patty, Breakfast Potatoes and fresh Fruit

### **Belgian Waffles with Syrup**

Homemade Belgian Waffles topped with Maple Syrup served with Bacon, Yogurt and fresh Fruit

### **Cinnamon French Toast with Syrup**

Cinnamon infused French Toast topped with Maple Syrup served with Sausage Link, Yogurt and fresh Fruit

### **Homemade Biscuits & Gravy**

Homemade Buttermilk Biscuits topped with Country Gravy served with Bacon, Breakfast Potatoes and fresh Fruit

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## SOUP

Beef Barley

 Beef Vegetable

Cheesy Vegetable Chowder

Chicken Corn Chowder

 Chicken Noodle

 Chicken Orzo

 Cream of Broccoli

 Cream of Mushroom

 Gazpacho

 Green Pea

Italian Wedding

Manhattan Clam Chowder

Minestrone

Pasta Fagioli

Pork & Cabbage

 Roasted Vegetable & Wild Rice

 Strawberry Cream

 Tomato

Tortellini

 Watermelon Gazpacho

Won Ton

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## ACCOMPANIMENTS

Baked Potato

BBQ Baked Beans

 Brown Rice Pilaf

Buttered Asparagus

Buttered Brussel Sprouts

 Cottage Cheese & Fruit

Dijon Coleslaw

 Harvard Style Beets

 Lemon Couscous

Mashed Potatoes

Onion Rings

Pickled Beet Salad

Potatoes O'Brien

Ratatouille Vegetables

Red Potato Salad

Rice Pilaf

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## ACCOMPANIMENTS *(CONTINUED)*

 Roasted Summer Squash

 Sautéed Spinach

 Steamed Carrots

 Steamed Green Beans

Sweet Potato Wedges

Tater Tots

 Tomato & Cucumber Salad

 Vegetable Medley

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## FEATURED LUNCH ENTRÉES

 Fresh Garden Salad and Soup du Jour are served with each entrée.

### Chicken Marsala

Breast of Chicken seasoned with Herbs served in a sweet Marsala and Mushroom Sauce

### Rosemary Chicken

Breast of Chicken seasoned with Lemon, Rosemary and Garlic then baked to a golden brown

### Chicken Fingers

Breaded boneless Chicken Fingers fried to a golden brown served with Honey Mustard Dipping Sauce and Sweet Potato Wedges

### Turkey Salad Croissant

Fresh house-made Turkey Salad served on a flaky Croissant

### Filet of Sole

Sole Fish Filet seasoned with fresh Herbs and Lemon then oven baked served with Melon Salsa

### Tuna Swiss Melt

Homemade Tuna Salad served on a fresh Whole Grain Roll topped with melted Swiss Chesse

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## FEATURED LUNCH ENTRÉES *(CONTINUED)*

### **Meatball Sandwich**

Big, tasty Beef Meatballs simmered in an Italian Tomato Sauce served on a French Roll with grilled Onions and Peppers

### **Beef Stroganoff**

Tender pieces of Beef sautéed with Onion in a creamy Mushroom Sauce served over Egg Noodles

### **Bacon Cheeseburger**

Quarter pound Hamburger charbroiled and topped with Bacon, Cheddar Cheese, Lettuce, Tomato, Red Onion and a Pickle Spear served on a Bun

### **Hot Pastrami with Swiss**

Thinly sliced Pastrami topped with melted Swiss Cheese and served on a Hoagie Roll

### **Pulled BBQ Pork**

Slow cooked Pork pulled and mixed with BBQ Sauce served on a Bun

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## FEATURED DINNER ENTRÉES

 Fresh Garden Salad and Soup du Jour are served with each entrée.

### Salisbury Steak with Gravy

Salisbury Steak cooked to perfection topped with Mushroom Gravy and sautéed Onions

### Beef Short Ribs

Beef Short Ribs covered in a sweet and tangy BBQ Sauce

### Yankee Pot Roast

Slow cooked Beef Pot Roast simmered in a rich, thick broth made from Carrots, Onion, Celery, Turnips and Potatoes served with Mashed Potatoes

### Veal Parmesan

Breaded Veal baked with Cheese and topped with Marinara Sauce

### Smothered Pork Chops

Slow cooked Pork Chop simmered in a delicious Onion Gravy and served over Spanish Rice

### Turkey Meatloaf

Fresh ground Turkey seasoned and cooked to perfection served with Brown Gravy



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## FEATURED DINNER ENTRÉES *(CONTINUED)*

### Chicken Alfredo

Fettuccini Noodles tossed in a creamy Alfredo Sauce and topped with diced Herb sautéed Chicken Breast

### Wild Mushroom Ravioli

Fresh Pasta filled with Ricotta and Portabella Mushrooms drizzled With Sage Alfredo Sauce and served with Garlic Bread

### Crab Stuffed Tilapia

Tilapia Filet stuffed with Crab Meat, Onion, Celery, Butter, Parsley, Bread Crumbs, seasoned with Lemon Juice and Cayenne Pepper served with an Herb Mushroom Sauce

### Marinated Grilled Shrimp

Jumbo Shrimp marinated in a Citrus and Herb Sauce, then grilled to perfection

### Lemon-Dill Flounder

Baked Flounder Filet lightly seasoned with Lemon and Dill Seasoning

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## DESSERT

### Pies, Crisps, Crumbles & Tarts

Apple Pie, Blueberry Pie, Cherry Pie, Chocolate Cream Pie, Chocolate Peanut Butter Pie, Coconut Custard Pie, Lemon Meringue Pie, Apple Cranberry Crisp, Peach Blueberry Crumble, Kiwi Tart

### Cakes

Banana Cake, Carrot Cake, Frosted Spice Cake, New York Cheesecake, Pineapple Upside Down Cake, Strawberry Shortcake

### Other Sweet Treats

Banana Bread Pudding, Cannoli, Cinnamon Churro, Fudge Brownie, Ice Cream Sundae