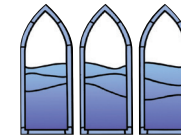


Sample Weekly Menu

Breakfast 7:30 AM - 9 AM
Lunch 11:15 AM - 1 PM
Dinner 4:15 PM - 6 PM



Our Lady
OF THE VALLEY
 RETIREMENT COMMUNITY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Pancakes with Blueberry Topping Sausage Links Danish Mandarin Oranges <i>Always Available*</i>	Sausage Biscuit Fruit and Maple Oatmeal Fried Apples <i>Always Available*</i>	French Toast Bacon Yogurt Selections <i>Always Available*</i>	Breakfast Wraps with Salsa Bacon Hash Browns Bananas <i>Always Available*</i>	Turkey, Egg, and Maple Roll-Up Coffee Cake Grits Grapefruit and Orange <i>Always Available*</i>	Sausage and Hashbrowns English Muffins Cinnamon Peaches <i>Always Available*</i>	Fresh Biscuits and Sausage Gravy Cream of Wheat Fruit Medley <i>Always Available*</i>
LUNCH	Soup de Jour Omelets / Waffles Pot Roast with Veggies Fried Catfish Rice Florentine Sweet Potatoes, Lima Beans Fresh Rolls Chocolate Layer Cake <i>Always Available**</i>	Beef Noodle Soup Roast Pork Shoulder Grilled Chicken Sandwich Parsley Potatoes, Brown Beans, Buttered Cabbage, Carrots Corn Bread Peach Cobbler <i>Always Available**</i>	Taco Tuesday White Chicken Chili Braised Pork Tacos with Salsa Verde and Cojita Cheese Spanish Rice, Broccoli, Mexican Corn Baked Apples Corn Bread Nutty Buddy Ice Cream <i>Always Available**</i>	Cream of Potato Soup Lemon Thyme Chicken Chef Salad Plate Seasoned Rice Mashed Potatoes Acorn Squash Green Beans Biscuits Cooke Butter Tart <i>Always Available**</i>	Roasted Red Pepper Soup Homestyle Pizza Salisbury Steak, Gravy Baked Potatoes Green Bean Casserole Peas and Carrots Fruit Salad Roll Rice Pudding <i>Always Available**</i>	Clam Chowder Crab Benedict with Hollandaise Sauce Beef Burgundy Buttered Noodles Roasted Potatoes Broccoli and Cauliflower Roasted Squash Cole Slaw Chocolate Chip Cookies <i>Always Available**</i>	Chicken Noodle Soup Chicken à la King over Biscuits Kielbasa and Peppers White Rice California Blend Vegetables Waldorf Salad Butterscotch Pudding <i>Always Available**</i>
DINNER	Soup de Jour Turkey and Gravy Ham and Pimento Cheese on Sourdough Mashed Sweet Potatoes Apple Stuffing Buttered Beets Broccoli and Cauliflower Fresh Rolls Cherry Cobbler <i>Always Available**</i>	Beef Noodle Soup Country Style Steak with Gravy Fried Chicken Livers Redskin Potatoes Sautéed Zucchini Green Beans Rolls Cheesecake <i>Always Available**</i>	White Chicken Chili Cheeseburger Turkey Breast with Gravy Homestyle Fries Onion Rings Corn, Turnip Greens, Three Bean Salad Whole Wheat Bread Apple Cobbler <i>Always Available**</i>	Cream of Potato Soup Italian Meat Loaf Pineapple-Glazed Ham Baked Sweet Potatoes Seasoned Carrots Beets Black-Eyed Peas Cole Slaw Corn Bread Stick Toffee Cake <i>Always Available**</i>	Roasted Red Pepper Soup Chicken and Dumplings Shrimp and Seafood Salad Plate Stewed Tomatoes Brussels Sprouts Roasted Carrots Biscuits Whoopie Pie <i>Always Available**</i>	Clam Chowder Spinach Ricotta Ravioli with Marinara Sauce Seasoned Trout Grilled Asparagus Fried Potatoes Peas and Pearl Onions Hot Apples Bread Sticks Crème Brûlée <i>Always Available**</i>	Chicken Noodle Soup Taco Salad Beef and Bean Burrito Mexican Style Hominy Yellow Rice Kale Greens Yellow Squash Whole Wheat Bread Strawberry Shortcake with Whipped Cream <i>Always Available**</i>

*Breakfast Always Available: Egg Selections, Fresh Fruit, Assorted Hot and Cold Cereals, Prunes, Toast

**Lunch and Dinner Always Available: Salad Bar, Fresh Fruits, Assorted Desserts, including Sugar-Free Desserts

Assorted Snacks, Coffee, Milk, Assorted Juice, Ice Tea, and Lemonade are always available.

♥ Heart-healthy options are always available and are prepared to order. Please feel free to ask your server for any clarification.

