

Seabury



at Friendship Terrace
Senior Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Select (1) Sliced Beef Brisket</p> <p>♥ Sausage Gravy</p> <p>~</p> <p>Select (3) Oatmeal Scramble Eggs or Fried Eggs Pork Bacon Turkey Bacon Waffles Mixed Vegetables Breakfast Potatoes</p> <p>~</p> <p>Assorted Pastries Assorted Fruits or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Chicken LoMein Orange Pork Stir- Fry</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Turkey Noodle Soup Dinner Roll Garden Salad w/ Egg Fried Rice Capri Blend Vegetable Seasoned Broccoli Unsweetened Applesauce</p> <p>~</p> <p>Cottage Cheese w/ Fruit Assorted Desserts or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) BBQ Ribs Honey BBQ Chicken</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Barley & Vegetable Soup Dinner Roll Romaine Salad w/ Feta Roasted Sweet Potatoes Squash Medley Sautéed Kale Unsweetened Apple Sauce</p> <p>~</p> <p>Fresh Cut Fruit Jello w/ Fruit or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Chicken & Dumplings Beef Stroganoff</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Cream of Red Pepper Soup Corn Muffin Wedge Salad Ranch Potatoes CA Blend Vegetables Corn Pudding Unsweetened Apple Sauce</p> <p>~</p> <p>Fresh Grapes Ice Cream or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Chicken Cacciatore Spaghetti w/ Meat Sauce</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Hearty Vegetable Soup Garlic Bread Cucumber Tomato Salad Peas & Carrots Steamed Cauliflower Roasted Vegetables Unsweetened Apple Sauce</p> <p>~</p> <p>Fresh Cut Fruit Pound Cake or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Baked Salmon Salisbury Steak</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Seafood Chowder Dinner Roll Cole Slaw Wild Rice Steamed Asparagus Chef's Vegetable Unsweetened Apple Sauce</p> <p>~</p> <p>Fresh Oranges Ice Cream or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Curry Chicken Roast Pork loin Italian Meatballs</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Sweet Potato Bisque Dinner Roll Caesar Salad Penne Pasta w/ Vegetables Balsamic Carrots Sautéed Green Beans Unsweetened Apple Sauce</p> <p>~</p> <p>Fresh Cut Fruit Homemade Cookies or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>
<p>Select (1) Baked Chicken Steamed Rice Cream of Wheat</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Omelette Scrambled Eggs or Boiled Eggs</p> <p>~</p> <p>Hash Browns Pork Bacon Turkey Bacon Chef's Vegetable</p> <p>~</p> <p>Assorted Pastries Assorted Fruits or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Turkey a la King Country Fried Steak w/ Gravy</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Butternut Squash Bisque Dinner Roll House Salad w/ Egg Garlic Mashed Potatoes Roasted Brussel Sprouts Sautéed Spinach Unsweetened Applesauce</p> <p>~</p> <p>Fresh Cut Fruit Carrot Cake or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Turkey Meat Loaf w/ Gravy Pulled Pork Sandwich</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Creamy Tomato Basil Soup Wheat Roll Italian Cucumber Salad Mashed Potatoes Apple Cole Slaw Buttered Carrots Unsweetened Applesauce</p> <p>~</p> <p>Yogurt w/ Fruit Poke Cake or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Sweet & Sour Chicken Cheesy Pasta Bake</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Chicken Corn Chowder Bread Stick Cesar Salad Fried Rice California Blend Vegetable Medley Unsweetened Applesauce</p> <p>~</p> <p>Fresh Grapes Ice Cream or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Shrimp Scampi Chicken Quesadilla</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Thai Chicken & Rice Soup Wheat Roll Garden House Salad Herb Rice Roasted Asparagus Vegetable Medley Unsweetened Applesauce</p> <p>~</p> <p>Fresh Cut Fruit Rice Pudding or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Smothered Chicken Salmon w/ Lemon Sauce</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Baked Potato Soup Dinner Roll Cole Slaw Creamy Potato Casserole Mixed Vegetables Roasted Aparagus Unsweetened Applesauce</p> <p>~</p> <p>Fresh Oranges Ice Cream or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Salisbury Steak Cheesy Chicken & Rice Casserole</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Broccoli and Cheese Soup Wheat Roll Garden Salad w/ Olives Scalloped Potatoes Steamed Cauliflower Mixed Vegetables Unsweetened Applesauce</p> <p>~</p> <p>Fresh Cut Fruit Homemade Cookies or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>
<p>Select (1) Rotisserie Chicken Mashed Potatoes Oatmeal</p> <p>~</p> <p>Select (3) Scrambled Eggs or Boiled Eggs Pork Bacon Turkey Bacon Pancakes Mixed Vegetables Breakfast potatoes</p> <p>~</p> <p>Assorted Pastries Assorted Fruits or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Cuban Sandwich Chicken Quesadilla</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Split Pea Soup Wheat Roll House Salad w/ Egg Fiesta Corn Salad Cilantro Lime Rice Mixed Greens Unsweetened Applesauce Yogurt w/ Fruit</p> <p>~</p> <p>Assorted Desserts or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Chicken Florentine Beef Bolognese</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Potato Leek Soup Garlic Bread Cesar Salad Buttered Pasta Italian Green Beans Mixed Vegetables Unsweetened Applesauce Fresh Cut Fruit Ice Cream or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Coconut Crusted Chicken Meatloaf w/ Gravy</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Cream of Mushroom Soup Dinner Roll House Salad w/ Feta Cheese Parsley potatoes Corn of the Cob Mixed Greens Unsweetened Applesauce Fresh Oranges Pound Cake or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) General Tso's Chicken Beef Stir Fry</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Lentil Soup Wheat Roll Carrot & Raisin Salad Fried Rice Sautéed Bok Choy Sautéed Mushrooms Unsweetened Applesauce Fresh Cut Fruit Ice Cream or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>	<p>Select (1) Seared Tilapia Mesquite Chicken</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Cream of Tomato Corn Muffin Zest Cilantro Cole Slaw Warm Orzo Salad Steamed Broccoli Wilted Spinach Unsweetened Applesauce Fresh Grapes Jell-o w/ Fruit Coffee, Tea Cold Beverage</p>	<p>Select (1) Lemon Pepper Chicken Liver & Onion Gravy</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Vegetable Barley Soup Dinner Roll Cucumber & Tomato Salad Garlic Roasted Zucchini Chef's Choice Vegetables Garden Rice Unsweetened Applesauce Fresh Cut Fruit Homemade Cookies or Whole Fruit</p> <p>~</p> <p>Coffee, Tea Cold Beverage</p>
<p>Select (1) Catch of the day BBQ Ribs</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Tomato Barley Soup</p> <p>~</p> <p>Garden House Salad Potato Salad Wild Rice Cole Slaw Vegetable Medley</p> <p>~</p> <p>A Dinner Roll Ice Cream Cone or Whole Fruit</p> <p>~</p> <p>Coffee, Tea or Milk Cold Beverage</p>	<p>Select (1) Roast Pork Loin Carved Turkey</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Matzo Ball Soup</p> <p>~</p> <p>Garden House Salad Mashed Sweet Potatoes Bread Dressing Green Beans Vegetable of the Day</p> <p>~</p> <p>A Dinner Roll Silk Pie or Whole Fruit</p> <p>~</p> <p>Coffee, Tea or Milk Cold Beverage</p>	<p>Select (1) Carved Ham Stuffed White Fish</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Clam Chowder</p> <p>~</p> <p>Sweet Potatoes Steamed Rice Brussels Sprouts Vegetable of the Day</p> <p>~</p> <p>A Dinner Roll sorted w/ Watermelon or Whole Fruit</p> <p>~</p> <p>Coffee, Tea or Milk Cold Beverage</p>	<p>Select (1) Italian Flat Bread Grilled Chicken</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Chicken Noodle Soup</p> <p>~</p> <p>Garden House Salad Mozzarella Salad Mashed Potatoes Glazes Carrots Chef's Vegetables</p> <p>~</p> <p>A Dinner Roll Ice Cream or Whole Fruit</p> <p>~</p> <p>Coffee, Tea or Milk Cold Beverage</p>	<p>Select (1) Baked Tilapia Stir Fry Chicken</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Vegetable Chili</p> <p>~</p> <p>Garden House Salad White Rice Scalloped Potatoes Buttered Corn Asian Vegetable</p> <p>~</p> <p>A Dinner Roll Fruit Tart or Whole Fruit</p> <p>~</p> <p>Coffee, Tea or Milk Cold Beverage</p>	<p>Select (1) Glazed Salmon Chicken Florentine</p> <p>♥ Always Available Options</p> <p>~</p> <p>Select (3) Shrimp Bisque</p> <p>~</p> <p>Garden House Salad Buttered Pasta Wild Rice Roasted Squash Steamed Vegetables</p> <p>~</p> <p>A Dinner Roll Cherry Cake or Whole Fruit</p> <p>~</p> <p>Coffee, Tea or Milk Cold Beverage</p>	