The Vistas Assisted Living & Memory Care Community

Weekly Menu

SUNDAY December 17,2017	MONDAY December 18,2017	TUESDAY December 19,2017	WEDNESDAY December 20,2017	THURSDAY December 21,2017	FRIDAY December 22,2017	SATURDAY December 23,2017
Breakfast 7:30-9:00am	**Breakfast 7:30-9:00am**	**Breakfast 7:30-9:00am**	**Breakfast 7:30-9:00am**	**Breakfast 7:30-9:00am**	**Breakfast 7:30-9:00am**	**Breakfast 7:30-9:00am**
Eggs any Style	Eggs any Style	Eggs any Style	Eggs any Style	Eggs any Style	Eggs any Style	Eggs any Style
Bacon or Sausage	Bacon or Sausage	Bacon or Sausage	Bacon or Sausage	Bacon or Sausage	Bacon or Sausage	Bacon or Sausage
Assorted Toasts & Breads	Assorted Toasts & Breads	Assorted Toasts & Breads	Assorted Toasts & Breads	Assorted Toasts & Breads	Assorted Toasts & Breads	Assorted Toasts & Breads
Assorted Hot & Cold Cereal	Assorted Hot & Cold Cereal	Assorted Hot & Cold Cereal	Assorted Hot & Cold Cereal	Assorted Hot & Cold Cereal	Assorted Hot & Cold Cereal	Assorted Hot & Cold Cereal
Special	Special	Special	Special	Special	Special	Special
Scramble	**French Toast**	**Frittata**	**Egg Muffin**	**Pancake**	**Crepes**	**Waffles**
Lunch 11:45am or 12:15am	**Lunch 11:45am or 12:15am**	**Lunch 11:45am or 12:15am**	**Lunch 11:45am or 12:15am**	**Lunch 11:45am or 12:15am**	**Lunch 11:45am or 12:15am**	**Lunch 11:45am or 12:15am**
Oven Fried Chicken w/Gravy	**Roasted Chicken**	**Tilapia Almondine**	**Teriyaki Chicken**	**Hamburger**	**Salmon w/Dill Sauce**	**Beef Stew**
Roasted Sirloin w/Mushroom	**Stroganoff w/**	**Stuffed Pork w/Piccata Sauce**	**Sweet & Sour Pork**	**Cheeseburger**	**Fried Chicken**	**Turkey Stew**
Mashed Potatoes	**Butter egg Noodles**	**Roasted Dill Potatoes**	**Steamed Rice**	**Onion Rings**	**Pearl Barley w/Mushroom**	**Wheat Roll**
Mixed Vegetables	**Roasted Carrot**	**California Blend**	**Stir-Fried Vegetable**	**Fresh Fruit**	**Zucchini**	
Sweet Endings	Sweet Endings	Sweet Endings	Sweet Endings	Sweet Endings	Sweet Endings	Sweet Endings
Ambrosia	**Root Beer Float**	**Tapioca**	**Lemon Pie**	**Pound Cake w/Berries**	**Gingerbread Cake**	**Cheese Cake**
Supper 4:45pm or 5:15pm	**Supper 4:45pm or 5:15pm**	**Supper 4:45pm or 5:15pm**	**Supper 4:45pm or 5:15pm**	**Supper 4:45pm or 5:15pm**	**Supper 4:45pm or 5:15pm**	**Supper 4:45pm or 5:15pm**
BBQ Chicken	**Chicken Casserole**	**Mexican Salad Bowl**	**Meatball Sandwich**	**California Chicken Salad**	**Raviopli w/Marinara Sauce**	**Hot Dog**
Cole Slaw	**Fresh Fruit**	**Spanish Rice**	**French Fries**	**White Roll**	**Garlioc French Bread**	**Chips**
Wheat Roll		**Refried Beans**			**Spinach**	**Fresh Fruit**
Sweet Endings	Sweet Endings	Sweet Endings	Sweet Endings	Sweet Endings	Sweet Endings	Sweet Endings
Lemon Punch Cake	**Cherry Crisp**	**Flan**	**Apricot Turnover**	**Pumpkin Cake**	**Berry Cobbler**	**Banana Cream Pie**

~ ALWAYS AVAILABLE ~

BEVERAGES

Filtered Water
Ice Tea & Lemonade
Assorted Soft Drinks
Assorted Fruit Juices

Coffee
Assorted Teas
Tomato Juice
Prune Juice

Soup de Jour and Garden Salad are served with both Lunch and Supper

LUNCH & SUPPER

Tuna Fish Sandwich
Grilled Cheese Sandwich
BLT Sandwich
Chef Salad

Hamburgers
Hotdogs
Potato Chips
Yogurt

Deli Sandwiches
Lean Ham or Sliced Turkey
Swiss or American Cheese

SWEET ENDINGS

Assorted Ice Cream
Assorted Sherbet
Sugar Reduced Dessert