The Vistas Assisted Living & Memory Care Community

Weekly Menu

SUNDAY September 30,2018	MONDAY October 1,2018	TUESDAY October 2,2018	WEDNESDAY October 3,2018	THURSDAY October 4,2018	FRIDAY October 5,2018	SATURDAY October 6,2018
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**	**Omelet Your Way**	**Ham Stratta**	**Pancake**	**Home-Style Biscuit w/Jam & Gravy**	**Waffles/Blueberries**
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**
Pork Chops with Piccata Sauce	**Chicken a la King**	**Broiled Tilapia Parmesan**	**Apple Glazed Chicken**	**Quiche**	**Salmon with Caper Sauce**	**Beef Burgundy**
Oven Roasted Chicken	**Liver & Onions**	**Meatloaf with Gravy**	**Cranberry Roasted Pork**	**Fresh Fruit**	**Swedish Meatballs w/Egg Noodles**	**Eggplant Parmesan**
Mashed Potatoes and Gravy	**Spinach Rice**	**Butternut Squash with Cranberries**	**Mushroom Risotto**		**Anna Potatoes**	**Rice Pilaf**
Mixed Vegetables	**Roasted Carrots**	**Corn**	**Wheat Roll**		**Broccoli**	**Mixed Vegetables**
Sweet Endings	Sweet Endings	Sweet Endings	Sweet Endings		Sweet Endings	Sweet Endings
Jell-O Fruit Cocktail	**Milk Shake**	**Carrot Cake**	**Chocolate Fantasy**	**Apple Cobbler**	**Ice Cream Bar**	**Banana Bread**
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**
Spaghetti w/Meat Sauce	**Ham and Vegetable Casserole**	**Enchiladas with Red Sauce**	**BBQ Ribs**	**Cobb Salad**	**French Dip**	**Turkey Caesar Melt Sandwich**
Roasted Zucchini Parmesan	**Broccoli Salad**	**Mexican Rice**	**Tortellini Salad**	**Bread Stick**	**Parmesan French Fries**	**Chips**
Hawaiian Roll		**Refried Beans**	**Fresh Fruit**			**Fresh Fruit**
Sweet Endings	Sweet Endings	Sweet Endings	Sweet Endings	Sweet Endings	Sweet Endings	Sweet Endings
Blueberry Crisp	**Strawberry Shortcake**	**Churro**	**Lemon Bar**	**Peach Pie**	**Pineapple Upside Down Cake**	**Mixed Berry Cobbler**

~ 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