



St Augustine Plantation Assisted Living and  
Memory Care

|                                                                                                                                                                                                        |                                                                                                                                                                                               |                                                                                                                                                                     |                                                                                                                                                                                                    |                                                                                                                                                                                                     |                                                                                                                                                                                                           |                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 24                                                                                                                                                                                                     | 25                                                                                                                                                                                            | 26                                                                                                                                                                  | 27                                                                                                                                                                                                 | 28                                                                                                                                                                                                  | Mar 1                                                                                                                                                                                                     | 2                                                                                                                                                                                                   |
|                                                                                                                                                                                                        |                                                                                                                                                                                               |                                                                                                                                                                     |                                                                                                                                                                                                    |                                                                                                                                                                                                     | Soup Du Jour<br>or<br>Green Salad<br>Lemon Pepper<br>Chicken<br>or<br>Glazed Salmon<br>Rice<br>Baked Seasoned<br>Squash<br>Baked Roll<br>Butterscotch Pudding                                             | Soup Du Jour<br>or<br>Green Salad<br>BBQ Saint Louis<br>Pork Ribs<br>or<br>Meatballs/Pasta<br>Sauce<br>Parmesan Pasta<br>or<br>Potato Salad<br>Corn on the Cob<br>Baked Roll<br>Classic Pecan Pie   |
| 3                                                                                                                                                                                                      | 4                                                                                                                                                                                             | 5                                                                                                                                                                   | 6                                                                                                                                                                                                  | 7                                                                                                                                                                                                   | 8                                                                                                                                                                                                         | 9                                                                                                                                                                                                   |
| Soup Du Jour<br>and<br>Green Salad<br>Zesty Meatloaf<br>or<br>Seasoned Fried<br>Chicken<br>Fresh Mashed<br>Potatoes/Gravy<br>Stewed Tomatoes<br>or<br>Collard Greens<br>Fresh Cornbread<br>Pumpkin Pie | Soup Du Jour<br>or<br>Green Salad<br>Catfish Nuggets<br>or<br>Chicken Cordon Bleu<br>Rice Pilaf<br>or<br>Creamy Cheese Grits<br>Broccoli/Cheese<br>Sauce<br>Baked Roll<br>Peach Cobbler       | Soup Du Jour<br>or<br>Green Salad<br>Herb Gravy Pork<br>or<br>Baked Chicken<br>Drumsticks<br>Smashed Sweet<br>Potatoes<br>Corn<br>Baked Roll<br>Chocolate Cream Pie | Soup Du Jour<br>or<br>Green Salad<br>Comforting Beef<br>Stew<br>or<br>Chicken Marsala<br>or<br>Fresh Mashed<br>Potatoes<br>Parsley Carrots<br>Baked Roll<br>Berry Cheesecake                       | Soup Du Jour<br>or<br>Green Salad<br>Chicken and<br>Dumplings<br>or<br>Baked<br>Meatballs/Gravy<br>Delicious Rice<br>Seasoned Cauliflower<br>Baked Roll<br>Brownies                                 | Soup Du Jour<br>or<br>Green Salad<br>Seasoned Baked Fish<br>or<br>Spaghetti and Meat<br>Wine Sauce<br>or<br>Creamy Cheese Grits<br>Peas and Carrots<br>Baked Roll<br>Homemade Hot<br>Fudge Sundaes        | Soup Du Jour<br>or<br>Green Salad<br>Turkey A La King<br>or<br>Pepper Steak<br>or<br>Jasmine Rice<br>Sauteed Zucchini<br>Crusty Garlic Bread<br>Coconut Cake                                        |
| 10                                                                                                                                                                                                     | 11                                                                                                                                                                                            | 12                                                                                                                                                                  | 13                                                                                                                                                                                                 | 14                                                                                                                                                                                                  | 15                                                                                                                                                                                                        | 16                                                                                                                                                                                                  |
| Soup Du Jour<br>and<br>Green Salad<br>Oven Pot Roast<br>or<br>Seasoned Fried<br>Chicken<br>Fresh Mashed<br>Potatoes/Gravy<br>Country Trio Medley<br>Baked Roll<br>Blueberry Cobbler                    | Soup Du Jour<br>or<br>Green Salad<br>Shrimp Style Scampi<br>or<br>Chicken Parmesan<br>or<br>Angel Hair Pasta<br>Corn<br>Baked Roll<br>Cheesecake                                              | Soup Du Jour<br>or<br>Green Salad<br>Swedish Meatballs<br>or<br>Homestyle<br>Turkey/Gravy<br>Delicious Rice<br>Cheesy Spinach Bake<br>Baked Roll<br>Pecan Pie       | Soup Du Jour<br>or<br>Green Salad<br>Deep Dish Spinach<br>Quiche<br>or<br>Oven Fried Pork<br>Chops<br>Parmesan Roasted<br>Potatoes<br>Parmesan Asparagus<br>Baked Roll<br>Chocolate Chip<br>Cookie | Soup Du Jour<br>or<br>Green Salad<br>Hamburger<br>Steak/Onions<br>or<br>Chicken and Biscuits<br>Sour Cream Potatoes<br>Capri Blend<br>Baked Roll<br>Maple Bread Pudding                             | Soup Du Jour<br>or<br>Green Salad<br>Sweet and Sour Pork<br>or<br>Seafood Lasagna<br>Vegetable Egg Roll<br>Seasoned Broccoli<br>Baked Roll<br>Butter Pecan Ice<br>Cream                                   | Soup Du Jour<br>or<br>Green Salad<br>Beef Burgundy<br>or<br>Chicken Wings<br>Fresh Mashed<br>Potatoes<br>Roasted Parmesan<br>Brussels Sprouts<br>Baked Roll<br>Fruit Cobbler                        |
| 17                                                                                                                                                                                                     | 18                                                                                                                                                                                            | 19                                                                                                                                                                  | 20                                                                                                                                                                                                 | 21                                                                                                                                                                                                  | 22                                                                                                                                                                                                        | 23                                                                                                                                                                                                  |
| Soup Du Jour<br>and<br>Green Salad<br>Cajun Seasoned Cod<br>or<br>Seasoned Fried<br>Chicken<br>Garlic Mashed<br>Potatoes<br>Baby Carrots<br>Baked Roll<br>Cake Chocolates                              | Soup Du Jour<br>or<br>Green Salad<br>Marinated Drum<br>Sticks<br>or<br>Veal/Mushroom<br>Sauce<br>Lemon Rice<br>Chef's Steamed<br>Vegetable<br>Baked Roll<br>Chocolate Peanut<br>Butter Cookie | Soup Du Jour<br>or<br>Green Salad<br>Balsamic Roasted<br>Pork<br>or<br>Italian Lasagna<br>Baked Yams<br>Roasted Cabbage<br>Baked Roll<br>Coconut Cake               | Soup Du Jour<br>or<br>Green Salad<br>Bacon Wrapped Patty<br>or<br>Chicken Ravioli with<br>Pesto<br>or<br>Onion Rings<br>Mixed Vegetables<br>or<br>Rutabagas<br>Baked Roll<br>Chocolate Eclairs     | Soup Du Jour<br>or<br>Green Salad<br>Chicken Marsala<br>or<br>Prime Rib Roast<br>Fresh Mashed<br>Potatoes/Gravy<br>Capri Blend<br>or<br>Garlic Green Beans<br>Baked Roll<br>Homemade Carrot<br>Cake | Soup Du Jour<br>or<br>Green Salad<br>Pan Fried Shrimp<br>or<br>Ham and Gravy<br>or<br>Baked Macaroni<br>Cheese<br>Coleslaw<br>or<br>Bacon Sauteed Lima<br>Beans<br>Baked Roll<br>German Chocolate<br>Cake | Soup Du Jour<br>or<br>Green Salad<br>Meatloaf with<br>Mozzarella<br>or<br>Roasted Cornish<br>Hens<br>Fresh Mashed<br>Potatoes/Gravy<br>Peas and Pearl<br>Onions<br>Baked Roll<br>Ice Cream Sandwich |

|                                                                                                                                                                                          |                                                                                                                                                                               |                                                                                                                                                                                  |                                                                                                                                                                            |                                                                                                                                                                          |                                                                                                                                                                                                           |                                                                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 24                                                                                                                                                                                       | 25                                                                                                                                                                            | 26                                                                                                                                                                               | 27                                                                                                                                                                         | 28                                                                                                                                                                       | 29                                                                                                                                                                                                        | 30                                                                                                                                                                                                                          |
| Soup Du Jour<br><i>and</i><br>Green Salad<br>Tender Beef Roast<br><i>or</i><br>Seasoned Fried Chicken<br>Fresh Mashed Potatoes/Gravy<br>Greens<br>Fresh Cornbread<br>Grandma's Apple Pie | Soup Du Jour<br><i>or</i><br>Green Salad<br>Herb Baked Chicken<br><i>or</i><br>Bacon Tomato Quiche<br>Rice/Gravy<br>Green Beans Italian<br>Baked Roll<br>Homemade Carrot Cake | Soup Du Jour<br><i>or</i><br>Green Salad<br>Pepper Steak<br><i>or</i><br>Chicken Cordon Bleu<br><i>or</i><br>Jasmine Rice<br>Roasted Carrots<br>Garlic Bread<br>Lemon Cream Cake | Soup Du Jour<br><i>or</i><br>Green Salad<br>Sliced Turkey Breast<br><i>or</i><br>Crispy Pork Chops<br>Cornbread Dressing<br>Herbed Corn<br>Baked Roll<br>Blueberry Cobbler | Soup Du Jour<br><i>or</i><br>Green Salad<br>Ham Roast<br><i>or</i><br>Shredded Herb Chicken/Rice<br>Baked Yams<br>Seasoned Cauliflower<br>Baked Roll<br>Mandarin Oranges | Soup Du Jour<br><i>or</i><br>Green Salad<br>Teriyaki Meatballs<br><i>or</i><br>Salmon Cakes<br><i>or</i><br>White and Wild Rice<br>Pilaf<br>Lemon Buttered Broccoli<br>Baked Roll<br>Fruit Yogurt Parfait | Soup Du Jour<br><i>or</i><br>Green Salad<br>Corned Beef and Cabbage<br><i>or</i><br>Chicken Penne Pasta<br>Steamed Red Potatoes<br>Fresh Cooked Carrots<br><i>or</i><br>Boiled Cabbage<br>Baked Roll<br>Caramel Apple Crisp |
| 31                                                                                                                                                                                       | Apr 1                                                                                                                                                                         | 2                                                                                                                                                                                | 3                                                                                                                                                                          | 4                                                                                                                                                                        | 5                                                                                                                                                                                                         | 6                                                                                                                                                                                                                           |
| Soup Du Jour<br><i>and</i><br>Green Salad<br>Herbed<br>Roast/Vegetables<br><i>or</i><br>Seasoned Fried Chicken<br>Fresh Mashed Potatoes<br>Peas<br>Baked Roll<br>Lemon Meringue Pie      |                                                                                                                                                                               |                                                                                                                                                                                  |                                                                                                                                                                            |                                                                                                                                                                          |                                                                                                                                                                                                           |                                                                                                                                                                                                                             |