



**Delicious. Wholesome. Made from Scratch.**

Our Flavorful Balance program is designed to nourish our residents' bodies and their spirits by using fresh, flavorful ingredients to create balanced meals that taste just like home.

#### **Selected by Residents, Prepared by Chefs**

Our residents' preferences drive what appears on their plate, and our chefs regularly seek their feedback through our Chef's Circle program.

#### **Food in it's Natural State**

All of our dishes are prepared from scratch, using the best ingredients in their natural state, which are better utilized by your body.

#### **Healthy Options + Comfort Foods = Balanced Menus**

Our meals are categorized as Gold, Silver, or Bronze. Gold meals meet our highest nutritional standards, including low sodium and fat content, while Silver and Bronze meals include more comfort foods. In order to achieve Flavorful Balance, our menus include a mixture of all three!

#### **Better Food for Better Outcomes**

Eating right is key to staying well. By offering our residents nutritious options they love to eat, we help combat weight loss and decrease recovery time for illnesses or injuries.

***Well-rounded menus mean a well-fed family. That's Flavorful Balance.***

#### **YOU CAN STILL ENJOY...**

- Grilled cheeseburger
- BBQ ribs

#### **...BUT WE ALSO OFFER**

- Grilled chicken breast

#### **YOU CAN STILL ENJOY...**

- Homemade potato salad
- French fries

#### **...BUT WE ALSO OFFER**

- Sweet corn salad
- Baked sweet potato
- Fresh green beans

#### **YOU CAN STILL ENJOY...**

- Red velvet cake
- Hand-scooped ice cream

#### **...BUT WE ALSO OFFER**

- Angel food cake w/ fresh berries
- Fresh citrus salad
- Warm spiced apples

