

## CLARK JEARY RETIREMENT COMMUNITY SAMPLE MENU

	<b>Breakfast</b> Served 7 a.m. to 8 a.m.	<b>Dinner</b> Served at 12:15 p.m.	<b>Supper</b> Served at 5:30 p.m.
	<p><b>*Assisted Living Residents receive 3 meals per day.</b> <b>*Independent Living Residents have a choice of two meals per day.</b></p>	<p><i>Dinner served with lettuce salad, gelatin or cottage cheese &amp; fruit every day</i></p>	<p><i>Supper served with dessert cart every day</i></p> 
<p style="text-align: center;"><b>Sunday</b></p>	<p><i>Breakfast Selections Include:</i></p> <p><i>(Available Every Day)</i></p> <p>Fruit, Cold &amp; Hot Cereals, Eggs, Meats, Toast</p>	<p>Fried Chicken Mashed Potatoes &amp; Gravy California Vegetables Lemon Meringue Pie</p>	<p>Vegetable Soup Roast Beef &amp; Cheese Sandwich Deviled Egg</p>
<p style="text-align: center;"><b>Monday</b></p>	<p><i>Breakfast Specials:</i></p> <p><i>Served on a Rotating Schedule</i></p>	<p>Glazed Baked Ham Scalloped Potatoes Brussels Sprouts Chocolate Pudding Cake</p>	<p>Goulash Cheddar Biscuit Grapes</p>
<p style="text-align: center;"><b>Tuesday</b></p>	<p>Waffles, Pancakes, French toast, Biscuits &amp; Gravy, Hash Browns Assorted Pastries, Coffee Cake, Muffins, Bagels, Banana Bread, English muffin</p>	<p>Swiss Steak Rice Au Gratin Green Beans w/ Onions Sherbet</p>	<p>Tomato Soup Crackers Grilled Cheese Sandwich</p>
<p style="text-align: center;"><b>Wednesday</b></p>	<p><i>**All Meals served with your choice of beverages-</i></p>	<p>BBQ Pork Ribs Mashed Potatoes &amp; Gravy Baked Beans Ice Cream</p>	<p>Beef Biscuit Pot Pie Potato Triangle Fruit Salad</p>
<p style="text-align: center;"><b>Thursday</b></p>	<p>Coffee, De-Caf, Iced or Hot Tea 2% or Skim Milk, Orange, Apple, Cranberry, Grape Juices</p>	<p>Turkey Roast Sour Cream &amp; Chive Mashed Potatoes Glazed Carrots Cherry Pie</p>	<p>Creamy Ham &amp; Macaroni Mandarin Glazed Beets Fruit Cup</p>
<p style="text-align: center;"><b>Friday</b></p>	<p><i>*Continental Breakfast Served 8:30 - 10:00 a.m.</i></p>	<p>Beer Battered Cod Crinkle Cut French Fries Cole Slaw Frosted Banana Bar</p>	<p>Loaded Baked Potato Cornbread Muffin Ambrosia Salad</p>
<p style="text-align: center;"><b>Saturday</b></p>		<p>Beef Stroganoff Rice Pilaf Garden Vegetables Assorted Desserts</p>	<p>BBQ Chicken Sandwich Potato Puffs Fruit Cup</p>

To Make Menu Changes, Please Contact Office or Kitchen 1 hour prior to meal