

CLARK JEARY RETIREMENT COMMUNITY SAMPLE MENU

	Breakfast Served 7 a.m. to 8 a.m.	Dinner Served at 12:15 p.m.	Supper Served at 5:30 p.m.
<p style="text-align: center;">Sunday</p>	<p style="text-align: center;"> *Assisted Living Residents receive 3 meals per day. *Independent Living Residents have a choice of two meals per day. </p> <p><i>Breakfast Selections Include:</i></p> <p><i>(Available Every Day)</i></p> <p>Fruit, Cold & Hot Cereals, Eggs, Meats, Toast</p>	<p style="text-align: center;"> <i>Dinner served with lettuce salad, gelatin or cottage cheese & fruit every day</i> </p>	<p style="text-align: center;"> <i>Supper served with dessert cart every day</i> </p> 
<p style="text-align: center;">Monday</p>	<p style="text-align: center;"><i>Breakfast Specials:</i></p> <p style="text-align: center;"><i>Served on a Rotating Schedule</i></p> <p>Waffles, Pancakes, French toast, Cinnamon Rolls, Danish, Donuts, Coffee Cake, Muffins, Bagels, Banana Bread, English muffin</p>	<p style="text-align: center;"> Glazed Baked Ham Scalloped Potatoes Brussels Sprouts Chocolate Pudding Cake </p>	<p style="text-align: center;"> Cheeseburger Deluxe Ranch Fries Apple Cinnamon Salad </p>
<p style="text-align: center;">Tuesday</p>	<p style="text-align: center;"> Waffles, Pancakes, French toast, Cinnamon Rolls, Danish, Donuts, Coffee Cake, Muffins, Bagels, Banana Bread, English muffin </p>	<p style="text-align: center;"> Turkey Noodle Casserole Country Vegetables Dinner Roll Cherry Pie </p>	<p style="text-align: center;"> Chili Chicken Salad Sandwich Cinnamon Roll </p>
<p style="text-align: center;">Wednesday</p>	<p style="text-align: center;"> <i>**All Meals served with your choice of beverages-</i> </p> <p>Coffee, De-Caf, Iced or Hot Tea 2% or Skim Milk, Orange, Apple, Cranberry, Grape Juices</p>	<p style="text-align: center;"> BBQ Pork Ribs Mashed Potatoes & Gravy Baked Beans Ice Cream </p>	<p style="text-align: center;"> Beef Biscuit Pot Pie Potato Triangle Fruit Salad </p>
<p style="text-align: center;">Thursday</p>	<p style="text-align: center;"> Coffee, De-Caf, Iced or Hot Tea 2% or Skim Milk, Orange, Apple, Cranberry, Grape Juices </p>	<p style="text-align: center;"> Chicken & Dumplings Peas & Mushrooms Fried Apples Pumpkin Pie </p>	<p style="text-align: center;"> Creamy Ham & Macaroni Mandarin Glazed Beets Fruit Cup </p>
<p style="text-align: center;">Friday</p>	<p style="text-align: center;"> <i>*Continental Breakfast Served</i> <i>8:30 - 10:00 a.m.</i> <i>in the Dining Room</i> </p>	<p style="text-align: center;"> Glazed Salmon Fillet Creamy Hash Brown Casserole Diced Beets Chocolate Éclairs </p>	<p style="text-align: center;"> Tomato Soup Crackers Grilled Cheese Sandwich </p>
<p style="text-align: center;">Saturday</p>	<p style="text-align: center;"> Coffee, De-Caf, Iced or Hot Tea 2% or Skim Milk, Orange, Apple, Cranberry, Grape Juices </p>	<p style="text-align: center;"> Beef Stroganoff Rice Pilaf Garden Vegetables Assorted Desserts </p>	<p style="text-align: center;"> BBQ Pork Sandwich Potato Puffs Fruit Cup </p>

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