

Our chefs are constantly introducing new menus for our residents. Below is a sampling of menu items our residents enjoy daily.

 **Heart Healthy Options**

This heart healthy symbol indicates a low fat, low cholesterol and low sodium item.

BREAKFAST

 **Cream of Wheat, Oatmeal or Cold Cereal**

Pancakes with Strawberries

Fluffy Pancakes topped with fresh Strawberries served with Turkey Sausage and fresh Fruit

Belgian Waffles with Syrup & Berries

Homemade Belgian Waffles topped with Seasonal Berries served with Turkey Sausage and fresh Fruit

French Toast with Syrup & Berries

Homemade French Toast topped with Seasonal Berries served with Bacon and fresh Fruit

SAMPLE DINING MENU

SAMPLE DINING MENU

 LAKESIDE PARK
A WATERMARK RETIREMENT COMMUNITY

BREAKFAST *(CONTINUED)*

Denver Omelet

Omelet with Ham, Bell Pepper, Onion and Cheddar Cheese served with diced Potatoes, Turkey Sausage and fresh Fruit

Cheesy Scramble

Eggs scrambled to perfection with Cheddar Cheese served with Sausage Patty, Hash Browns and fresh Fruit

Eggs Benedict

English Muffin topped with choice of Ham or Bacon, poached Eggs and Hollandaise Sauce served with Canadian Bacon and fresh Fruit

Fried Egg

Fried Egg topped with Cheddar Cheese served with diced Potatoes, Bacon and fresh Fruit

SOUP

Bean and Bacon

Baked Potato

Beef Noodle

Chicken Barley

Crème of Cauliflower

Tomato Basil

Split Pea

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ACCOMPANIMENTS

-  Corn Medley
- Crispy Yam Casserole
- Creamed Spinach
- French Baked Potato
-  French Green Beans
- Herb Tomato Couscous
-  Italian Blend Vegetables
-  Julienne Carrots & Squash
-  Mixed Vegetables
- Parmesan Herb Polenta
- Pear Coleslaw
- Potatoes O'Brien
- Rainbow Swiss Chard
-  Sautéed Asparagus Spears
-  Savory Brown Rice
- Sweet Potato Fries
-  Walnut Fruit Salad
- Whipped Winter Squash
-  Zucchini with Red Peppers

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FEATURED ENTRÉES

Chinese Beef with Broccoli

Slow cooked Beef and Broccoli mixed with a Brown Sauce served over soft fried Noodles and paired with mini Egg Rolls

Beef Short Ribs

Beef Short Ribs covered in a sweet and tangy BBQ Sauce

Pork Chop with Apples

Succulent Pork Loin Chop paired with slices of tart Apple cooked in a satin-smooth Sauce of Butter, Brown Sugar, Cinnamon and Nutmeg

Rosemary Pork Roast

Juicy Pork Tenderloin seasoned with Rosemary, Garlic and Olive Oil then baked to a golden brown

Chicken Marsala

Breast of Chicken seasoned with Herbs served in a sweet Marsala and Mushroom Sauce



Lemon Herb Tilapia

Tilapia Fish Filet seasoned with fresh Herbs and Lemon then oven baked

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FEATURED ENTRÉES *(CONTINUED)*



Hearty Chicken Stew

Slow cooked Chicken, Potatoes, Carrots, Onion, Mushrooms, Butternut Squash and Quinoa

Patty Melt Sandwich

Thin Burger Patty covered with melted Swiss Cheese, caramelized Onions served on griddled slices of Rye Bread

Meatball Submarine

Big, tasty Beef Meatballs simmered in an Italian Tomato Sauce served on a French Roll with grilled Onions and Peppers



Smoked Turkey and Provolone Sandwich

Sliced Oven Roasted Turkey Breast with Provolone Cheese on a choice of Bread with Pickle Spear

Loaded Grilled Cheese Sandwich

Grilled Cheese sandwich made with choice of Cheddar, American or Swiss Cheese, Bacon and Tomatoes served on White Bread

Pasta with Creamy Tomato Meat Sauce

Chefs choice Pasta covered with Tomato Meat Sauce served with Garlic Bread

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SNACKS

Cheese & Crackers

Cherry Turnover

Chocolate Chip Cookie

 Cottage Cheese with Strawberries

Cream Cheese Sandwich

 Hummus Mini Sandwich

Mini Pizza

PB & J Sandwich

 Pineapple Chunks

 Popcorn

Tzatziki Mini Sandwich

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DESSERTS

Abracadabra Bar

 Apple Crisps

Banana Spice Cake

Caramelized Peaches

Cherry Pie

Chocolate Mousse Pie

Frosted Gingerbread

Ice Cream Sundae

Macadamia Nut Cookie

Mocha Brownie

Oatmeal Raisin Cookie

 Orange Tapioca

Pineapple Whipped Cheesecake