

Swedish Assisted Living – Spring & Summer Menu 2018

Week 1	Monday April 30	Tuesday May 1	Wednesday May 2	Thursday May 3	Friday May 4	Saturday May 5	Sunday May 6
Breakfast	Bran Muffin Fruit Bowl	Carrot Muffin Fruit Bowl	Blueberry Scone Fruit Bowl	Bran & Pineapple Muffin Fruit Bowl	Raisin Bagel Fruit Bowl	Cheese Scone Fruit Bowl	Muffins & Scones Fruit Bowl
2pm Snack	Banana Bread	Date Square	Butter Tart	Lemon Bar	Lemon Loaf	Homemade Brownies	Cherry Loaf
7pm Snack	Oatmeal Blueberry Cookie	Choc Chip Pecan Cookie	Peanut Butter Cookie	Shortbread Cookies	Orange Spice Sugar Cookie	Oatmeal Raisin Cookie	Assorted Cookies
Lunch Salads	House Salad w/ Shrimp	Greek Salad on Romaine	Spinach Salad w/Egg	House Salad w/Avocado	Tomato Bocconcini w/Pesto on House Greens	House BLT Salad	House Green Veg Salad
<p><u>Lunch</u></p> <p>1st Seating 11:30am</p> <p>2nd Seating 12:30 pm</p> <p><u>Dessert Tray</u> Yogurt, Ice Cream, Jell-O, Fruit</p>	<p>Cod with Spinach & Mushrooms (Torsk med spenat) Lemon Wedge OR Swedish Pork Ribs Carrots</p> <p>With Steamed New Potatoes</p> <p>Dessert Tray</p>	<p>Rosemary Chicken Thigh w/Chicken Gravy OR Breaded Pork Chop w/Gravy</p> <p>With Mashed Potato Grilled Zucchini & Red Pepper Wedges</p> <p>Dessert Tray</p>	<p>Beef Stroganoff (Biff stroganoff) OR Vegetarian Chili</p> <p>With Egg Noodles Peas Carrots</p> <p>Dessert Tray</p>	<p>Roast Turkey w/Cranberry & Gravy OR Liver & Grilled Onion w/ Beef Gravy</p> <p>With Mashed Potato Buttered Corn Brussels Sprouts</p> <p>Dessert Tray</p>	<p>Battered Haddock w/Tartar Sauce Lemon Wedge OR Curried Chicken w/Yogurt Cucumber Dip</p> <p>With Jasmine Rice Pilaf Tomato Slices French Beans</p> <p>Dessert Tray</p>	<p>BBQ Pork Drummies OR Beef Stew</p> <p>With Mashed Potatoes Carrot Grilled Asparagus</p> <p>Dessert Tray</p>	<p>Baked Ham w/Sauce OR Roasted Lamb w/Gravy</p> <p>With Scalloped Potatoes Squash Peas</p> <p>Dessert Tray</p>
<p><u>Supper</u></p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Scotch Broth</p> <p>Turkey Sandwich on Cranberry Bread (lettuce, tomato, cucumber) OR Perogies w/ Sour Cream Sliced Grilled Onions Farmers Sausage</p> <p>With House Salad w/tomato, cucumber</p> <p>Feature Dessert Crème Caramel</p>	<p>Seafood Chowder</p> <p>Poached Eggs on English Muffin w/Hollandaise Sauce Cantaloupe/Watermelon Wedges OR Pepperoni Pizza (Pepperoni & Thin Sliced Green Pepper Only)</p> <p>With Caesar Salad</p> <p>Feature Dessert German Choc Cake</p>	<p>Chicken Noodle Soup</p> <p>Cottage Cheese Bran Pineapple Muffin Grapes & Honeydew OR Philly Cheesesteak w/Garden Salad Orange Garnish</p> <p>Feature Dessert Lemon Berry Bread Pudding</p>	<p>Minestrone Soup</p> <p>Broccoli & Cheddar Quiche OR Chicken Strips w/Dipping Sauce Garlic Bread</p> <p>With Caesar Salad</p> <p>Feature Dessert Swedish Apple Cake</p>	<p>Turkey Vegetable Soup</p> <p>Spaghetti w/Meat Sauce Parmesan Cheese OR Turkey Pot Pie w/Gravy</p> <p>With Italian Green Salad</p> <p>Feature Dessert Chocolate Truffle Mousse</p>	<p>Mulligatawny Soup</p> <p>Cheeseburger (Special Sauce, Lettuce, Red Onion) OR Omelette Dinner Bun</p> <p>With House Spring Mix Salad w/Tomato, Cucumber</p> <p>Pickles & Olives</p> <p>Feature Dessert Blueberry Crisp</p>	<p>Chef's Choice Soup</p> <p>Egg Salad Sandwich OR Baked Beans Pork Sausage Cornmeal Muffin</p> <p>With Spinach Salad w/Mushroom, Red Onion, Mandarin</p> <p>Feature Dessert Lemon Meringue Pie</p>

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Week 2	Monday May 7	Tuesday May 8	Wednesday May 9	Thursday May 10	Friday May 11	Saturday May 12	Sunday May 13
Breakfast	Bagel w/Cream Cheese	Apple Cinnamon Muffin	Cheddar & Green Onion Scone	Croissant	Bran Raisin Muffin	Scone	Morning Glory Muffin
2pm Snack	Lemon Loaf	Ponderosa Cake	Coconut Tart	Zucchini Loaf	Pecan Tarts	Homemade Brownies	Date Square
7pm Snack	Oatmeal Blueberry Cookie	Choc Chip Pecan Cookie	Peanut Butter Cookie	Shortbread Cookies	Orange Spice Sugar Cookie	Oatmeal Raisin Cookie	Assorted Cookies
Lunch Salads	Asian House Salad	Italian Garden Salad	Baby Greens with Egg	House Greens w/Avocado	Tossed Salad w/Chicken	Greek Salad on Romaine	House BLT Salad
<p>Lunch</p> <p>1st Seating 11:30am</p> <p>2nd Seating 12:30 pm</p> <p>Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit</p>	<p>Ginger Roasted Salmon OR Oriental Pork Bites</p> <p>With Jasmine Rice Carrots Spinach</p> <p>Dessert Tray</p>	<p>BBO Chicken Wings OR Shepherd's Pie w/Beef Gravy</p> <p>With Potato Wedges Broccoli Corn</p> <p>Dessert Tray</p>	<p>Roast Pork w/Gravy Applesauce OR Baked Haddock Lemon Wedge/Tartar</p> <p>With Mashed Potatoes Buttered Peas Red Cabbage Pickled (Kokt rödkål)</p> <p>Dessert Tray</p>	<p>Butter Chicken OR Tofu & Grilled Onion w/ Shanghai Sauce</p> <p>With Rice Pilaf Stir Fry Vegetables (Bok Choy, Red Pepper, Carrot)</p> <p>Dessert Tray</p>	<p>Meatballs w Cream Sauce (Köttbullar med gräddsås) OR Turkey Schnitzel w/Gravy Cranberry Sauce</p> <p>With Hasselback Potato Harvard Beets Grilled Zucchini</p> <p>Dessert Tray</p>	<p>Chicken Cordon Bleu OR Liver & Onions</p> <p>With Mashed Potatoes Buttered Carrots w/Dill Sauteed Mushrooms</p> <p>Dessert Tray</p>	<p>Roast Beef Au Jus w/Horseradish Sauce OR Country Style Sausage</p> <p>With Baked Potato (Sour Cream, Green Onion) Roasted Brussels Sprout Yams</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Green Pea & Ham Soup</p> <p>Monte Cristo Sandwich OR Artisan Baked Macaroni & Cheese</p> <p>With Caesar Salad Cantaloupe Garnish</p> <p>Feature Dessert Chocolate Cake</p>	<p>Fish Chowder</p> <p>Cornish Pasties w/Gravy OR Veg Frittata</p> <p>With House Green Salad Orange Slices</p> <p>Feature Dessert Peach Cobbler</p>	<p>Hamburger Soup</p> <p>Waffles w/Strawberry Table Syrup Sausage Sliced Fruits</p> <p>OR Chicken Burger (Guacamole, Lettuce, Tomato, Red Onions) Potato Wedges</p> <p>Feature Dessert Ice Cream</p>	<p>Italian Lentil Soup</p> <p>Beef Lasagna Garlic Bread OR Vegetable Quiche</p> <p>With Arugula Salad w/Tomato, Cucumber Pickles</p> <p>Feature Dessert Baked Custard</p>	<p>Pumpkin & Leek Soup</p> <p>Perogies Grilled Onions Bacon OR Crab Cakes w/Aioli</p> <p>With Coleslaw Oranges</p> <p>Feature Dessert Rice a La Malta (Swedish Rice Pudding)</p>	<p>Cream of Zucchini</p> <p>Spaghetti w/ Meat Sauce Dinner Roll OR Egg Salad Sandwich</p> <p>With Italian Salad</p> <p>Feature Dessert Tiramisu</p>	<p>Chef's Choice Soup</p> <p>Cabbage Rolls OR Chicken Tenders</p> <p>With Caesar Salad Garlic Bread</p> <p>Feature Dessert Banana Cream Pie</p>

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Week 3	Monday May 14	Tuesday May 15	Wednesday May 16	Thursday May 17	Friday May 18	Saturday May 19	Sunday May 20
Breakfast	Raisin Bagel Fruit Bowl	Carrot Muffin Fruit Bowl	Blueberry Scone Fruit Bowl	Bran & Pineapple Muffin Fruit Bowl	Plain Bagel Fruit Bowl	Cheese Scone Fruit Bowl	Muffins & Scones Fruit Bowl
2pm Snack	Banana Bread	Date Square	Butter Tart	Lemon Bar	Lemon Loaf	Homemade Brownies	Cherry Loaf
7pm Snack	Oatmeal Blueberry Cookie	Choc Chip Pecan Cookie	Peanut Butter Cookie	Shortbread Cookies	Orange Spice Sugar Cookie	Oatmeal Raisin Cookie	Assorted Cookies
Lunch Salads	Tuscan Greens	House Greens w/Chicken	House BLT	Chef's Special	Spring Mix with Egg	Italian Garden Salad	House Greens w/ Smoked Salmon
<p>Lunch</p> <p>1st Seating 11:30am</p> <p>2nd Seating 12:30 pm</p> <p>Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit</p>	<p>Meatballs in Mushroom Cream Sauce OR BBQ Chicken Legs</p> <p>With Mashed Potatoes Peas & Pearl Onion Medley</p> <p>Dessert Tray</p>	<p>Lamb Loin Chops w/Brown Gravy OR Baked White Fish w/Lemon Cream Sauce</p> <p>With Scalloped Potatoes Broccoli Carrots</p> <p>Dessert Tray</p>	<p>Sweet & Sour Pork OR Roast Chicken</p> <p>With Herb Rice Pilaf Zucchini & Onion Grilled</p> <p>Dessert Tray</p>	<p>Turkey Schnitzel w/Gravy Cranberry Sauce OR Beef Stew</p> <p>With Roasted Potato Spinach Corn</p> <p>Dessert Tray</p>	<p>Herb Baked Salmon Lemon Wedge OR Salisbury Steak <small>(Sliced Onions/Mushrooms in Brown Gravy)</small></p> <p>With Mashed Potato Grilled Asparagus Buttered Dill Carrots</p> <p>Dessert Tray</p>	<p>Dijon Baked Chicken Breast OR Oktoberfest Sausage</p> <p>With Pan Fried Potatoes Peas Yams</p> <p>Dessert Tray</p>	<p>Festive Ham w/Sauce OR Braised Beef w/Gravy</p> <p>With Baked Potato <small>(sour cream, Green Onion, Bacon)</small> Squash Broccoli</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>Beef Barley Soup</p> <p>Turkey Chill w/ Corn Bread OR Baked Pasta in Tomato Sauce</p> <p>With House Coleslaw Fruit Garnish</p> <p>Feature Dessert Strawberry Mint Trifle</p>	<p>Minted Pea Soup</p> <p>Beef Burger on Brioche <small>(Lettuce, Tomato, Red Onion, Special Sauce)</small> OR Turkey Pot Pie w/Gravy</p> <p>With Tomato, Basil & Cucumber Salad</p> <p>Feature Dessert Cake Selection</p>	<p>Cream of Broccoli</p> <p>Open Face Roast Beef Sandwich OR Cod Nuggets Garlic Bread With Caesar Salad</p> <p>Feature Dessert Tapioca Pudding</p>	<p>Chicken Noodle Soup</p> <p>Seafood Crepe w/ Mornay Sauce OR Baked Beans Sausage With Spinach Salad</p> <p>Feature Dessert Blueberry Cobbler</p>	<p>Minced Chicken Corn Soup</p> <p>Chicken Strips w/Dipping Sauce OR Ham & Pineapple Pizza With House Salad Orange Slices</p> <p>Feature Dessert Mango Tango Ice Cream</p>	<p>Cream of Tomato Soup</p> <p>Beer Battered Haddock with Potato Wedge <small>(Lemon & Tartar Sauce)</small> OR Grilled Cheese Sandwich</p> <p>With House Salad</p> <p>Feature Dessert Lemon Pudding</p>	<p>Chef's Choice Soup</p> <p>Turkey Loaf w/Sauce Garlic Bread OR Open Face Smoked Salmon w/Cream Cheese on Rye <small>Capers, Red Onion, Lemon</small> With House Arugula Salad</p> <p>Feature Dessert Choc & Banana Bread Pudding</p>

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Week 4	Monday May 21	Tuesday May 22	Wednesday May 23	Thursday May 24	Friday May 25	Saturday May 26	Sunday May 27
Breakfast	Raisin Bagel Fruit Bowl	Carrot Muffin Fruit Bowl	Blueberry Scone Fruit Bowl	Bran & Pineapple Muffin Fruit Bowl	Plain Bagel Fruit Bowl	Cheese Scone Fruit Bowl	Muffins & Scones Fruit Bowl
2pm Snack	Banana Bread	Butter Tart	Date Square	Bavarian Fruit Tart	Lemon Loaf	Brownies	Cranberry Loaf
7pm Snack	Oatmeal Blueberry Cookie	Choc Chip Pecan Cookie	Peanut Butter Cookie	Shortbread Cookies	Orange Spice Sugar Cookie	Oatmeal Raisin Cookie	Assorted Cookies
Lunch Salads	House Salad w/ Shrimp	Greek Salad on Romaine	Spinach Salad w/Egg	House Salad w/Avocado	Tomato Bocconcini w/Pesto on House Greens	House BLT Salad	House Green Veg Salad
<p>Lunch</p> <p>1st Seating 11:30am</p> <p>2nd Seating 12:30 pm</p> <p>Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit</p>	<p>Baked Herb Haddock OR Ginger Chicken</p> <p>With Rice Pilaf Grilled Mushrooms Green Beans w/Tarragon</p> <p>Dessert Tray</p>	<p>Italian Breaded Veal w/Tomato Sauce Buttered Spaghettini</p> <p>OR Turkey Stew Dinner Roll w/Butter</p> <p>With Grilled Mixed Vegetables</p> <p>Dessert Tray</p>	<p>Pork Stew OR Liver & Onions w/Gravy</p> <p>With Mashed Potatoes Brussels Sprouts Corn</p> <p>Dessert Tray</p>	<p>Curry Chicken w/Naan Bread OR Swedish Pork Chops w/Gravy Mashed Potatoes</p> <p>With Peas Carrots</p> <p>Dessert Tray</p>	<p>Turkey Schnitzel w/Gravy & Cranberry OR Cook's Baked Fish Special</p> <p>With Mashed Potato Spinach Casserole</p> <p>Dessert Tray</p>	<p>Chicken Afritada (Spanish Chicken Stew w/Peppers, Peas, Potato) OR Lamb Meatballs w/Creamy Mint Sauce</p> <p>With Broccoli Santa Fe Rice</p> <p>Dessert Tray</p>	<p>Roast Beef w/Gravy Yorkshire Pudding Horseradish Sauce OR Chicken Cordon Swiss</p> <p>With Mashed Potato Brussels Sprout Carrots</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p>	<p>French Onion Soup</p> <p>Deli Roast Beef Sandwich (lettuce, Tomato, Cucumber, Red Onion, Cheese, Mustard) OR Fish & Chips Lemon/Tartar Sauce</p> <p>With Cabbage Slaw</p> <p>Feature Dessert Cook's Choice</p>	<p>Homemade Mushroom Soup</p> <p>Chicken Dumpling w/Soy Sauce OR Oriental Beef</p> <p>With Chow Mein Noodles Broccoli</p> <p>Feature Dessert Ice Cream</p>	<p>Cr. Of Vegetable Soup</p> <p>California Roll Fruit Slice OR Spaghetti w/Meat Sauce Garlic Bread With Caesar Salad</p> <p>Feature Dessert Bread Pudding w/Vanilla Sauce</p>	<p>Beef Minestrone Soup</p> <p>Salmon Burger (Tartar Sauce, Lettuce, Tomato, Red Onion) OR Beef Pot Pie w/Gravy</p> <p>With House Green Salad</p> <p>Feature Dessert Appelkaka (Apple Cake)</p>	<p>Fish Chowder</p> <p>Cottage Cheese Muffin OR Deluxe Tuna Salad on Croissant w/ Lettuce Pickles/Olives</p> <p>With Watermelon Wedges</p> <p>Feature Dessert Rice & Raisin Pudding</p>	<p>Greek Chicken Rice Soup w/Lemon</p> <p>Pork Souvlaki OR Spanakopita</p> <p>With Greek Salad Pita Bread Tzatziki Sauce</p> <p>Feature Dessert Berry Cobbler</p>	<p>Wonton Soup</p> <p>Pad Thai Noodles (Shrimps & Peanuts) OR Teriyaki Chicken With Rice With Stir-Fry Vegetables</p> <p>Feature Dessert Butterscotch Pudding</p>

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Week 5	Monday May 28	Tuesday May 29	Wednesday May 30	Thursday May 31	Friday June 1	Saturday June 2	Sunday June 3
<u>Breakfast</u>	Raisin Bagel Fruit Bowl	Carrot Muffin Fruit Bowl	Blueberry Scone Fruit Bowl	Bran & Pineapple Muffin Fruit Bowl	Plain Bagel Fruit Bowl	Cheese Scone Fruit Bowl	Muffins & Scones Fruit Bowl
<u>2pm Snack</u>	Banana Bread	Date Square	Butter Tart	Lemon Bar	Lemon Loaf	Homemade Brownies	Cherry Loaf
<u>7pm Snack</u>	Oatmeal Blueberry Cookie	Choc Chip Pecan Cookie	Peanut Butter Cookie	Shortbread Cookies	Orange Spice Sugar Cookie	Oatmeal Raisin Cookie	Assorted Cookies
<u>Lunch Salads</u>	Asian House Salad	Italian Garden Salad	Baby Greens with Egg	House Greens w/Avocado	Tossed Salad w/Chicken	Greek Salad on Romaine	House BLT Salad
<u>Lunch</u> 1st Seating 11:30am 2nd Seating 12:30 pm <u>Dessert Tray</u> Yogurt, Ice Cream, Jell-O, Fruit	Baked Salmon w/ Wine Cream Sauce Lemon Wedge OR Baked Sausages With Mashed Potatoes Grilled Asparagus Mushrooms Dessert Tray	Chicken Piccata OR Veal Cutlet w/Gravy With Creamy Risotto Carrots Peas Dessert Tray	Roast Turkey w/Gravy & Cranberry Sauce OR Beef Stew With Mashed Potato Corn Yams Dessert Tray	BBQ Spareribs OR Baked Fish With Herb Rice Pilaf Green Beans Tomato Slices Dessert Tray	Meatloaf w/Gravy OR Baked Chicken With Scalloped Potato Broccoli Roasted Rutabaga Dessert Tray	Breaded Cod w/Tartar Sauce Lemon Wedge OR Chicken Kabob With Squash Peas O'Brien Potatoes Dessert Tray	Pork Roast w/Gravy & Applesauce OR Garlic Herb Roast Lamb w/Gravy With Roasted Sweet Potato Carrot Asparagus Dessert Tray
<u>Supper</u> 1st Seating 4:30 pm 2nd Seating 5:30 pm	Turkey Noodle Soup Chicken Ala King w/Puff Pastry OR Egg Salad Sandwich With House Choice Salad Feature Dessert Baked Apples w/Ice Cream	Mixed Pea Soup Beef Dip Au Jus (Thinly Sliced Roasted Beef on Hoagie Bun with Au Jus) OR Seafood Cake w/Tartar Sauce Lemon Wedge With House Slaw Feature Dessert Orange Cake	Beef & Macaroni Soup Grilled Cheese & Tomato Sandwich OR Tourtiere w/Gravy With Arugula Feta Salad Feature Dessert Pumpkin Mousse w/Praline	Creamy Yam Soup Baked Cannelloni with Tomato Sauce OR BBQ Pulled Pork Sandwich on Brioche With Italian Salad Feature Dessert Tapioca Pudding	Fish Chowder COLD PLATE Deli Cold Cuts & Cheese (Assorted) OR Cajun Wings w/Ranch Sauce With Potato Salad Orange & Honeydew Feature Dessert Trifle	Vegetable Soup Bacon Cheese Burger OR Vegetarian Quiche With Coleslaw Watermelon Wedges Feature Dessert Fruit Crisp w/Whipped Cream	Butternut Squash Soup Chef's Choice Feature Dessert Coconut Pie