

FALL / WINTER RESIDENT MENU 2022 -2023 – CAPITALCARE LYNNWOOD

Regular Menu: Week 1 at a glance **Oct 31-Nov 05, Nov 21-27, Dec 12-18, Jan 02-08, Jan 23-29, Feb 13-19, Mar 6-12, Mar 27-Apr 02, Apr 17-23, May 8-14, May 29-June 04** *MENU SUBJECT TO CHANGE

| WEEK 1 | MONDAY – Day 1 | TUESDAY – Day 2 | WEDNESDAY – Day 3 | THURSDAY – Day 4 | FRIDAY – Day 5 | SATURDAY – Day 6 | SUNDAY– Day 7 |
|---------------|-------------------------------|--------------------------|---|---|---|---------------------------|--|
| LUNCH | | | | | | | |
| SOUP | Cream of Potato | Country Vegetable | Autumn Harvest | Corn Chowder | Chicken Noodle | Harvest Vegetable | Heartland Bean Medley |
| SALAD | Apple Coleslaw | Mixed Greens | Garden Salad | Creamy Coleslaw | Pickled Beets | Mixed Greens | Tossed Salad |
| MAIN ENTRÉE | Cod Nuggets with Tartar Sauce | Rueben Sandwich | Beef & Macaroni Casserole | Boneless Chicken Wings (BBQ, Honey Garlic or Plain) | Beef Burger on a Bun (cheese, grilled onions, shredded lettuce, condiments) | Shepherd's Pie with Gravy | Western Omelet or Garden Omelet with Salsa |
| STARCH | French Fries | Dill Pickle Spear | Breadstick | Curly Fries | | French Cut Green Beans | |
| VEGETABLE | | | | | | | Hashbrown Patties |
| DESSERT | Ice Cream | Mandarin Orange Sections | Chocolate Brownie | Cinnamon Sour Cream Cake | Fresh Fruit | Strawberry Bavarian Cream | Peanut Butter Confetti Square |
| SUPPER | | | | | | | |
| MAIN ENTRÉE | Baked Spaghetti & Meatsauce | Chicken Adobo | Pork Tenderloin with Applesauce or Roast Beef/Gravy | Home-Style Chili with Shredded Cheese | Parsley Salmon Fillet with Dill Sauce or Beef Cabbage Roll | Chicken Parmigiana | Roast Beef with Gravy Horseradish |
| STARCH | Garlic Bread | Steamed Rice | Baked Potato Chives, Bacon Bits, Sour Cream | Corn Bread | Roasted Potatoes | Rotini Noodles | Garlic Mashed Potatoes |
| VEGETABLE | Caesar Salad | Sunrise Mixed Vegetables | Julienne Dilled Carrots | Peas | Italian Mixed Vegetables | Sunrise Mixed Vegetables | Yorkshire Pudding |
| DESSERT | Tiramisu Mousse | Pear Upside Down Cake | Rice Pudding | Diced Peaches | Bread Pudding with Warm Caramel Sauce | Home Baked Cookie | Apple Pie |

Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin). Selections will vary by day.
 Assorted Sandwiches offered at Lunch and Supper
 Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper

FALL / WINTER RESIDENT MENU 2022 -2023 – CAPITALCARE LYNNWOOD

Regular Menu: Week 2 at a glance

Oct 17-23, Nov 06-13, Nov 28-Dec 04, Dec 19-25, Jan 09-15, Jan 30-Feb 05, Feb 20-26, Mar 13-19, Apr 03-09, Apr 24-30, May 15-21

*MENU SUBJECT TO CHANGE

| WEEK 2 | MONDAY – Day 8 | TUESDAY – Day 9 | WEDNESDAY – Day 10 | THURSDAY – Day 11 | FRIDAY – Day 12 | SATURDAY – Day 13 | SUNDAY– Day 14 |
|---------------|--|------------------------------|----------------------------------|--|-----------------------------------|--|-----------------------------|
| LUNCH | | | | | | | |
| SOUP | Beef Noodle | Alphabet | Turkey Rice | Country Vegetable | Minestrone | Roasted Red Pepper | Hearty Lentil |
| SALAD | Tossed Salad | Apple Coleslaw | Tossed Greens | Mixed Greens | Overnight Coleslaw | Tossed Salad | Caesar Salad |
| MAIN ENTRÉE | Cornflake Chicken | Pubhouse Battered Fish | Octoberfest Sausage with Mustard | Grilled Ham & Cheese Sandwich or Grilled Cheese Sandwich | Ultimate Fish Sticks Tartar Sauce | Chicken Strips with Plum Sauce | Creamy Macaroni & Cheese |
| STARCH | Mashed Potatoes | Tartar Sauce | Pan Fried Potatoes | | French Fries | Mashed Potato Salad | Garlic Bread |
| VEGETABLE | California Mixed Vegetables | French Fries | Sauerkraut | Dill Pickle Spear | | | Peas |
| DESSERT | Ice Cream Novelty | Jellied Fruit | Home Baked Cookie | Mandarin Orange Sections | Diced Pears | Tropical Ambrosia | Fresh Fruit |
| SUPPER | | | | | | | |
| MAIN ENTRÉE | Pork Chop with Onions & Gravy or Vegetable Lasagna | Homemade Meatloaf with Gravy | Beef Stroganoff | Chicken Stir Fry | Salisbury Steak with Gravy | Sweet & Sour Pork or Roast Beef with Gravy | Turkey Schnitzel with Gravy |
| STARCH | Mashed Potatoes | Swarties Potatoes | Egg Noodles | Steamed Rice | Garlic Mashed Potatoes | Steamed Rice | Mashed Potatoes |
| VEGETABLE | Parslied Julienne Carrots | Peas | French Cut Green Beans | California Mixed Vegetables | Sunrise Mixed Vegetables | Oriental Mixed Vegetables | Julienne Dilled Carrots |
| DESSERT | Date Square | Carrot Cake | Diced Peaches | Cupcake | Mini Donut | Warm Apple Fruit Crisp | Strawberry Rhubarb Pie |

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Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper

FALL / WINTER RESIDENT MENU 2022 -2023 – CAPITALCARE LYNNWOOD

Regular Menu: Week 3 at a glance

Oct 24-30, Nov 14-20, Dec 05-11, Dec 26-Jan 01, Jan 16-22, Feb 06-12, Feb 27-Mar 05, Mar 20-26, Apr 10-16, May 01-07, May 22-28

*MENU SUBJECT TO CHANGE

| WEEK 3 | MONDAY – Day 15 | TUESDAY – Day 16 | WEDNESDAY – Day 17 | THURSDAY – Day 18 | FRIDAY – Day 19 | SATURDAY – Day 20 | SUNDAY– Day 21 |
|---------------|---|---------------------------------|--|--|---|-------------------------|--|
| LUNCH | | | | | | | |
| SOUP | | Borscht | Alphabet | Cream of Mushroom | Navy Bean | Cream of Tomato | Beef Vegetable |
| SALAD | Mixed Greens | Tossed Salad | Mixed Greens | Crunchy Salad | Creamy Coleslaw | Mixed Greens | Tossed Salad |
| MAIN ENTRÉE | Hamburger Soup | Garlic Sausage Pyrogies | | | | | |
| STARCH | Warm Cheese Biscuit | Diced Onions, Bacon, Sour Cream | Taco Bake with Salsa & Sour Cream | <u>Pizza</u> Choice of Ham & Pineapple or House Special | Alaskan Battered Fish Bites with Tartar Sauce | Grilled Cheese Sandwich | Turkey Pot Pie with Gravy |
| VEGETABLE | | Rice Cabbage Roll | | | French Fries | Dill Pickle Spear | French Cut Green Beans |
| DESSERT | Home Baked Cookie | Fruit Cocktail | Mandarin Orange Sections | Ice Cream | Fresh Fruit | Cinnamon Apple Dessert | Diced Pears |
| SUPPER | | | | | | | |
| MAIN ENTRÉE | Crunchy Perch Tartar Sauce or Roasted Chicken | Homemade Beef Stew | Grilled Chicken Breast or Beef Wieners & Beans | Beef Meatballs (Plain or with Gravy) | Chicken a la King | BBQ Beef Riblet | Festive Baked Ham or Vegetable Lasagna |
| STARCH | Mashed Potatoes | Vienna Bun | Garlic Mashed Potatoes | Mashed Potatoes | Biscuit | Tater Tots | Swarties Potatoes |
| VEGETABLE | Italian Mixed Vegetables | Green Beans | Oriental Mixed Vegetables | Julienne Dilled Carrots | Sunrise Mixed Vegetables | Mexi Corn | California Mixed Vegetables |
| DESSERT | Diced Peaches | Buttertart Bar | Swiss Mocha Pudding | Pumpkin Cake | Diced Peaches | Cream Puffs | Chocolate Fudge Cake |

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