

FALL / WINTER RESIDENT MENU 2021 - 2022 – CAPITALCARE LYNNWOOD

Regular Menu: Week 1 at a glance

Nov 29- Dec 05, Dec 20-26, Jan 10-16, Jan 31 – Feb 06, Feb 21-27, Mar 14-20, Apr 04-10, Apr 25 - May 01, May 16-22

*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	French Fries		Peas	Hashbrown Patty
VEGETABLE							
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
STARCH	Garlic Bread	Steamed Rice	Baked Potato Chives, Bacon Bits, Sour Cream	Corn Bread	Roasted Potatoes	Mashed Potatoes	Garlic Mashed Potatoes
VEGETABLE	Caesar Salad	Sunrise Mixed Vegetables	Julienne Dilled Carrots	Peas	Italian Mixed Vegetables	Sunrise Mixed Vegetables	Whipped Turnips
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 2021 - 2022 – CAPITALCARE LYNNWOOD

Regular Menu: Week 2 at a glance

Dec 06-12, Dec 27 - Jan 02, Jan 17-23, Feb 07-13, Feb 28 – Mar 06, Mar 21-27, Apr 11-17, May 02-08, May 23-29

*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	Haddock Bites Tartar Sauce	Chicken Strips with Plum Sauce	Creamy Macaroni & Cheese
STARCH	Mashed Potatoes	Tartar Sauce	Pan Fried Potatoes	or Grilled Cheese Sandwich	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	Rice	Mashed Potatoes
VEGETABLE	Parslied Julienne Carrot	Peas	French Cut Green Beans	California Mixed Vegetables	Sunrise Mixed Vegetables	Oriental Mixed Vegetables	Julienne Dilled Carrots
DESSERT	Mini Donut	Carrot Cake	Diced Peaches	Cupcake	Cinnamon Bun	Warm Apple Fruit Crisp	Strawberry Rhubarb 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 2021 - 2022 – CAPITALCARE LYNNWOOD

Regular Menu: Week 3 at a glance
CHANGE

Nov 22-28, Dec 13-19, Jan 03-09, Jan 24-30, Feb 14-20, Mar 07-13, Mar 28-Apr 03, Apr 18-24, May 9-15

*MENU SUBJECT TO

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	Harvest Vegetable	Navy Bean	Minestrone	Beef Vegetable
SALAD	Mixed Greens	Tossed Salad	Mixed Greens	Crunchy Salad	Creamy Coleslaw	Mixed Greens	Tossed Salad
MAIN ENTRÉE	Hamburger Soup	Garlic Sausage Pyrogies	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
STARCH	Warm Cheese Biscuit	Diced Onions, Bacon, Sour Cream			French Fries	Dill Pickle Spear	French Cut Green Beans
VEGETABLE		Rice Cabbage Roll					
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 Garden Omelet	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	Mini Danish	Swiss Mocha Pudding	Pumpkin Cake	Diced Peaches	Cream Puffs	Chocolate Fudge Cake

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