

FALL / WINTER RESIDENT MENU 2023 -2024 – CAPITALCARE LYNNWOOD

Regular Menu: Week 1 at a glance **Oct 23-29, Nov 13-19, Dec 4-10, Dec 25-31, Jan 15-21, Feb 5-11, Feb 26-Mar 3, Mar 18-24, Apr 8-14, Apr 29-May 5, May 20-26**

*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	Autumn Harvest	Minestrone	Harvest Vegetable	Cream of Potato	Chicken Noodle	Cream of Broccoli	Heartland Bean Medley
SALAD	Tossed Salad	Mixed Greens	Garden Salad	Creamy Coleslaw	Pickled Beets	Mixed Greens	Tossed Salad
MAIN ENTRÉE	Beef Wieners & Beans	Rueben Sandwich	Beef & Macaroni Casserole	Boneless Chicken Wings (BBQ, Honey Garlic or Plain)	Beef Burger on a Bun (cheese, grilled onions, lettuce, condiments)	Shepherd's Pie with Gravy	Western Omelet or Garden Omelet with Salsa
STARCH	Mashed Potatoes	Dill Pickle	Breadstick	Curly Fries		French Cut Green Beans	
VEGETABLE							Hashbrown Patties
DESSERT	Ice Cream	Mandarin Orange Sections	Chocolate Brownie	Cinnamon Sour Cream Cake	Strawberry Bavarian Cream	Fresh Fruit	Peanut Butter Confetti Square
SUPPER							
MAIN ENTRÉE	Baked Spaghetti & Meat Sauce	Chicken Adobo	Pork Tenderloin with Applesauce or Roast Beef with 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	Yorkshire Pudding
VEGETABLE	Caesar Salad	Sunrise Mixed Vegetables	Julienne Dilled Carrots	Peas	Italian Mixed Vegetables	Sunrise Mixed Vegetables	Garlic Mashed Potatoes
DESSERT	Tiramisu Mousse	Buttertart Bar	Rice Pudding	Diced Peaches	Bread Pudding with Warm Caramel Sauce	Home Baked Cookie	Whipped Turnips
							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

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Regular Menu: Week 2 at a glance

Oct 30-Nov 5, Nov 20-26, Dec 11-17, Jan 1-7, Jan 22-28, Feb 12-18, Mar 4-10, Mar 25-31, Apr 15-21, May 6-12, May 27-June 2

*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	Cream of Mushroom	Turkey Rice	Tomato Macaroni	Roasted Red Pepper	Corn Chowder	Hearty Lentil
SALAD	Tossed Salad	Apple Coleslaw	Tossed Greens	Mixed Greens	Overnight Coleslaw	Tossed Salad	Caesar Salad
MAIN ENTRÉE	Cornflake Chicken	Cod Nuggets Tartar Sauce	Octoberfest Sausage with Mustard	Grilled Ham & Cheese Sandwich or Grilled Cheese Sandwich	Pubhouse Battered Fish Tartar Sauce	Chicken Strips with Plum Sauce	Creamy Macaroni & Cheese
STARCH	Mashed Potatoes	French Fries	Pan Fried Potatoes	Dill Pickle	French Fries	Mashed Potato Salad	Garlic Bread
VEGETABLE	California Mixed Vegetables		Sauerkraut				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 Glaze	Beef Stroganoff	Chicken Stir Fry	Salisbury Steak with Gravy	Sweet & Sour Pork or Roast Beef with Gravy	Turkey Schnitzel with Gravy Cranberry Sauce
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	Stir Fry Vegetables	Julienne Dilled Carrots
DESSERT	Date Square	Carrot Cake	Diced Peaches	Cupcake	Donut Bites	Warm Apple Crisp	Strawberry Rhubarb Pie

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FALL / WINTER RESIDENT MENU 2023 -2024 – CAPITALCARE LYNNWOOD

Regular Menu: Week 3 at a glance **Oct 16-22, Nov 6-12, Nov 27–Dec 3, Dec 18-24, Jan 8-14, Jan 29-Feb 4, Feb 19-25, Mar 11-17, Apr 1-7, Apr 22-28, May 13-19, June 3-9** *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	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	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	Baked Cod Loin 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	Stir Fry Vegetables	Julienne Dilled Carrots	Sunrise Mixed Vegetables	Mexi Corn	California Mixed Vegetables
DESSERT	Diced Peaches	Pear Upside Down Cake	Swiss Mocha Pudding	Pumpkin Cake	Diced Peaches	Cream Puffs	Chocolate Fudge Cake

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