



**THE MARION AND BERNARD L. SAMSON
NURSING CENTER
AT MENORAH MANOR**

Sample Weekly Menu

Note: Any item can be substituted for item(s) on the daily alternative menu.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Breakfast</u> Hot & Cold Cereal Bar Seasonal Fresh Fruit Cheese Omelette Pancakes Fresh Ground Coffee Regular or Herbal Tea Choice of Milks & Juices</p>	<p><u>Breakfast</u> Assorted Bagels Breads & Danish Hot & Cold Cereal Bar Scrambled Eggs Seasonal Fresh Fruit Fresh Ground Coffee Regular or Herbal Tea Choice of Milks & Juices</p>	<p><u>Breakfast</u> Assorted Bagels Breads & Muffins Yogurt & Granola Bar Seasonal Fresh Fruit Fresh Ground Coffee Regular or Herbal Tea Choice of Milks & Juices</p>	<p><u>Breakfast</u> Assorted Bagels Breads & Pastries Hot & Cold Cereal Bar Scrambled Eggs Seasonal Fresh Fruit Fresh Ground Coffee Regular or Herbal Tea Choice of Milks & Juices</p>	<p><u>Breakfast</u> Assorted Bagels Breads & Muffins Yogurt & Granola Bar Seasonal Fresh Fruit Fresh Ground Coffee Regular or Herbal Tea Choice of Milks & Juices</p>	<p><u>Breakfast</u> Assorted Bagels Breads & Danish Hot & Cold Cereal Bar Scrambled Eggs Seasonal Fresh Fruit Fresh Ground Coffee Regular or Herbal Tea Choice of Milks & Juices</p>	<p><u>Breakfast</u> Cinnamon Oatmeal Seasonal Fresh Fruit French Toast & Eggs Homemade Coffee Cake Fresh Ground Coffee Regular or Herbal Tea Choice of Milks & Juices</p>
<p><u>Lunch</u> Fresh Salad Tender BBQ Beef Short Ribs Homemade Baked Beans Southern Style Squash Bread Pudding</p>	<p><u>Lunch</u> Fresh Salad Citrus Baked Chicken or BBQ Beef Short Ribs Rosemary Potatoes Steamed Broccoli Crowns Seasonal Fresh Fruit or Cherry Tort</p>	<p><u>Lunch</u> Fresh Salad Grilled Salmon or Herb Baked Chicken Rice Pilaf Asparagus Spears Seasonal Fresh Fruit or Apple Crisp</p>	<p><u>Lunch</u> Fresh Salad Roasted Turkey Breast or Old Fashioned Meat Loaf Creamy Mashed Potatoes Whole Green Beans Seasonal Fresh Fruit or Mousse</p>	<p><u>Lunch</u> Fresh Salad Roasted Honey Chicken or Lemon-Thyme Perch Confetti Rice Glazed Baby Carrots Seasonal Fresh Fruit or Strudel</p>	<p><u>Lunch</u> Fresh Salad Egg Plant Parmesan or Sweet & Sour Tilapia Garlic Bread Zucchini Squash Steamed Rice Seasonal Fresh Fruit or Pound Cake</p>	<p><u>Lunch</u> Deli Day Choice of Sub Sandwiches Chicken Salad Croissant Cinnamon Applesauce Homemade Potato Salad Homemade Coleslaw</p>
<p><u>Dinner</u> Soup of the Day Fresh Salad Baked Tilapia Veracruz Rice Pilaf Three Cheese Quiche Broccoli with Lemon Butter Cherry Cobbler</p>	<p><u>Dinner</u> Soup of the Day Fresh Salad Cheese Blintzes w/ Applesauce/ Sour Cream or Gefilte Fish Platter Pickled Beet Salad Seasonal Fresh Fruit or Peach Pie</p>	<p><u>Dinner</u> Soup of the Day Fresh Salad Bagels, Lox & Cream Cheese or Blackened Salmon Carrot Raisin Salad Seasonal Fresh Fruit or Cake</p>	<p><u>Dinner</u> Soup of the Day Fresh Salad Spinach Lasagna or Broiled Tilapia Garlic Bread Stick Broiled Parmesan Tomato Fresh Mango Salsa Cilantro Speckled Rice Seasonal Fresh Fruit or Cookies</p>	<p><u>Dinner</u> Soup of the Day Fresh Salad Cheese & Noodle Kugel Broccoli Knish Three-Bean Salad Seasonal Fresh Fruit or Berry Pie</p>	<p><u>Shabbat Dinner</u> Matzah Ball Soup Fresh Salad Gefilte Fish Miss Lucille's Brisket or Oven Baked Chicken Sweet Potato Tzimmes Lemon Broccoli Florets Seasonal Fresh Fruit or Honey Cake</p>	<p><u>Shabbat Dinner</u> Borsht Soup Cheese Blintzes Fresh Bagels, Cream Cheese & Lox Spinach Knish Homemade Cookies</p>