

LIBERTY RIDGE

Senior Living Community

Lunch Menu

Sunday 5/13/18	A. Baked Salmon w/ Capers -OR- Cornish Hen with Rosemary B. Corn Pudding -OR- Honey Carrots C. Wild Rice Blend D. Cream of Asparagus Soup w/ Olivenut Sandwich ♥ Baked Chicken Breast w/ Roasted Red Peppers	<u>Salad Choice</u>
Monday 5/14/18	A. Ham & Potato Casserole -OR- Sweet & Sour Pork Shanks B. Spinach -OR- Mixed Vegetables C. Steamed Rice w/ Vegetables D. Country Vegetable Soup w/ Ham & Cheese Sandwich ♥ Cottage Cheese & Fresh Fruit & Muffin	<u>Salad Choice</u>
Tuesday 5/15/18	A. Teriyaki Glazed Chicken Breast -OR- Stuffed Shells w/ Marinara B. Squash Medley -OR- Lima Beans C. Boiled Red Potatoes w/ Parsley D. Butternut Squash Soup w/ Tuna Salad ♥ Spinach Salad w/ Mandarin Oranges, Chicken & Almonds	<u>Salad Choice</u>
Wednesday 5/16/18	A. Sauteed Scallops w/ White Cream Sauce -OR- Honey Mustard Chicken Breast B. Buttered Peas -OR- Stewed Tomatoes C. Garlic Buttered Pasta Noodles D. Brown Bean Soup w/ Roast Beef & Swiss Sandwich ♥ Fajita Chicken Pizza w/ Cilantro & Peppers	<u>Salad Choice</u>
Thursday 5/17/18	A. Bacon Maple Pork Chop -OR- Smoked Sausage w/ Peppers & Kraut B. Harvard Beets -OR- Baked Apples C. Mashed Potatoes w/ Gravy D. Tomato Soup w/ ½ Club Sandwich ♥ Spinach Salad w/ Berries & Walnuts	<u>Salad Choice</u>
Friday 5/18/18	A. Fried Fish -OR- Sausage, Pepperoni or Cheese Pizza B. Asparagus Tips -OR- Buttered Corn C. Baked Potato D. Italian Wedding Soup w/ Grilled Ham & Cheese Sandwich ♥ Fresh Fruit Plate w/ Muffin	<u>Salad Choice</u>
Saturday 5/19/18	A. Chicken Almandine -OR- BBQ Ribs B. Baked Beans -OR- Corn on the Cob C. Macaroni & Cheese D. Cream of Broccoli Soup w/ Tuna Sandwich on Rye ♥ Pear Salad w/ Pecans & Feta Cheese	<u>Salad Choice</u>

Salad Choices: Toss Salad, Strawberry & Feta Salad, Fresh Fruit & Cottage Cheese

Salad Dressing: Ranch, Blue Cheese, 1000 Island, Italian, Honey Mustard

Desert choice of: Regular or Sugar-free