

# LIBERTY RIDGE

Senior Living Community

## Lunch Menu

<b>Sunday</b> 6/10/18	A. Sweet & Sour Pork Shanks <b>-OR-</b> Ham and Cheese Quiche B. Vegetable Medley <b>-OR-</b> Okra, Onions, & Carrots C. Wild Rice Blend D. Butternut Squash Soup w/ Turkey & Swiss Sandwich ♥ Herb Baked Cod	<u><b>Salad Choice</b></u>
<b>Monday</b> 6/11/18	A. Seafood Fettuccini Alfredo <b>-OR-</b> Baked Chicken with Pineapples B. Steamed Carrots <b>-OR-</b> Lima beans C. Buttered Pasta D. Chicken Noodle Soup w/ Ham & Cheese Sandwich ♥ Spinach Salad with Mandarin Oranges, Sunflower seeds, Craisins	<u><b>Salad Choice</b></u>
<b>Tuesday</b> 6/12/18	A. Chopped Steak with Mushrooms Gravy & Onion <b>-OR-</b> Chicken Casserole B. Creamed Corn <b>-OR-</b> Green Beans C. Mashed Potatoes and Gravy D. Minestrone Soup w/ Egg Salad ♥ Spring Mix Salad w/ Grilled Chicken, Egg, Fresh Mushrooms	<u><b>Salad Choice</b></u>
<b>Wednesday</b> 6/13/18	A. Father's Day Luncheon !!! B. C. Ladies to be Served Lunch in Apartments D. Chicken Salad on Croissant with Chips, Cookie and Drinks ♥	<u><b>Salad Choice</b></u>
<b>Thursday</b> 6/14/18	A. Virginia Baked Ham <b>-OR-</b> Sweet and Sour Meatballs B. Brussels Sprouts <b>-OR-</b> Vegetable Medley C. Mashed Potato and Gravy D. Italian Wedding Soup w/ Pimento Cheese Sandwich ♥ Turkey Burger with Tomatoes and Cottage Cheese	<u><b>Salad Choice</b></u>
<b>Friday</b> 6/15/18	A. Fried Fish of the Day <b>-OR-</b> Chicken Tacos, Salsa, Lettuce, & Cheese B. Corn Obrien <b>-OR-</b> Butter Beans C. Red Parsley Potatoes D. Turkey/Veg. Soup w/ Ham Salad ♥ Cottage Cheese and Fresh Fruit	<u><b>Salad Choice</b></u>
<b>Saturday</b> 6/16/18	A. Grille Brats <b>-OR-</b> Fried Chicken B. Baked Beans <b>-OR-</b> Buttered Corn C. French Fries D. Tomato Soup w/ Grilled Cheese ♥ Spinach Salad w/ Strawberries and Pecans	<u><b>Salad Choice</b></u>

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

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

**Desert choice of:** Regular or Sugar-free