

LIBERTY RIDGE

Senior Living Community

Lunch Menu

Sunday 7/15/18	A. Roasted Turkey w/ Sage, Stuffing & Gravy -OR- Grilled Ham Steak B. Collards -OR- Cream Corn C. Mashed Potatoes D. Tomato Soup w/ Egg Salad Sandwich ♥ Baked Chicken Breast w/ Roasted Peppers	<u>Salad Choice</u>
Monday 7/16/18	A. Pasta Primavera w/ Chicken -OR- Beef Pot Pie B. Spinach Casserole -OR- Squash Medley C. Garlic & Parmesan Pasta D. Broccoli Cheese Soup w/ Turkey & Swiss Sandwich ♥ Stuff Pepper w/ Rice & Beans	<u>Salad Choice</u>
Tuesday 7/17/18	A. Cornish Hens -OR- Baked Salmon w/ Dill Sauce B. Stewed Tomatoes -OR- Green Beans C. Spanish Rice D. Cold Strawberry Soup w/ Peanut Butter & Jelly Sandwich ♥ Pimento Cheese & Fresh Fruit Plate	<u>Salad Choice</u>
Wednesday 7/18/18	A. Beef & Noodles -OR- Sweet & Sour Chicken Breast B. Blackeye Peas -OR- Cauliflower Au Gratin C. Buttered Noodles D. Chicken Noodle Soup w/ Olive Nut Sandwich ♥ Pita Pizza w/ Vegetables	<u>Salad Choice</u>
Thursday 7/19/18	A. Shrimp & Grits -OR- Chicken w/ Mushrooms B. Corn on the Cob -OR- Okra C. Macaroni & Cheese D. Chilled Peach Soup w/ Grilled Cheese Sandwich ♥ Pesto Salmon	<u>Salad Choice</u>
Friday 7/20/18	A. Bacon & Cheese Quiche -OR- Apple Glazed Pork Loin B. Green Bean Casserole -OR- Buttered Corn C. Parsley Red Potatoes D. Cream of Mushroom Soup w/ Grilled Ham & Cheese Sandwich ♥ Baked Cod w/ Capers & Tomatoes	<u>Salad Choice</u>
Saturday 7/21/18	A. Grilled Teriyaki Chicken Breast -OR- Swedish Meatballs B. Brussel Sprouts -OR- Vegetable Medley C. Baked Sweet Potato D. Italian Wedding Soup w/ Pimento Cheese Sandwich ♥ Fresh Fruit Plate	<u>Salad Choice</u>

Salad Choices: Small Tossed Salad, Cottage Cheese, Coleslaw or Pea Salad

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

Desert choice of: Regular or Sugar-free