



AVAMERE

at MOUNTAIN RIDGE

Dining Room

EXAMPLE WEEKLY MENU

Sun

Lunch: Roast Beef Au Jus or Glazed Pork Roast

Sesame Green Beans / Hawaiian Style Rice

Dinner: Chicken Strips/ Sauteed Carrots/ 24 Hr. Fruit Salad

Mon

Lunch: Honey Glazed Turkey or Country Fried Steak w/ Gravy

Mashed Potatoes/ Corn

Dinner: Grilled Fish Sandwich/Peaches/Vinaigrette Cucumbers

Tue

Lunch: Grilled Polish Sausage or Greek Grilled Chicken

Penne Pasta/ Oven Roasted Cauliflower

Dinner: Beef Fried Rice/ Honeydew/Seasoned Pea Pods

Wed

Lunch: Lemon Baked Sole or Baked Ham w/ Mustard Sauce

Aloha Sweet Potatoes/Fresh Asparagus

Dinner: Pulled Pork Sandwich/Pineapple/Creamy Coleslaw

Thu

Lunch: Herb Turkey w/ Gravy or Glazed Hamburger Steak

Baked Potato/Peas w/ Pearl Onions

Dinner: Pasta Pomodoro/Garlic Green Beans/ Orange Salad

Fri

Lunch: Baked Dijon Salmon or Chicken w/ Mushroom Sauce

White & Wild Rice Pilaf / Steamed Vegetable

Dinner: Taco Salad / Pears / Salad Veggies

Sat

Lunch ; Braised Beef/ Tangy Country Style Ribs

Cooked Carrots/ Baked Beans

Dinner: Turkey Avocado Wrap/ Watermelon / Veggie Sticks