

Breakfast: 7:00-9:30 Lunch: 11:30-1:00 Dinner: 4:30-6:00

SAMPLE MENU

LUNCH

DINNER

Monday

Soup of the Day OR Fresh Fruit
 Fish Sandwich with Fries and a Pickle
 OR
On the Lighter side
 Basil Cucumber Tomato Salad
 served with a Breadstick
 Chef's Choice Dessert

Spaghetti and Meatballs
 served with Roasted Zucchini and Garlic Bread
 OR
On the Lighter side
 Roasted Pork Loin
 served with Boiled Potatoes and Steamed
 Vegetables
 Chocolate Sundae with Cherries

Tuesday

Soup of the Day OR Fresh Fruit
 Tuna Melt
 served with Potato Chips
 OR
On the Lighter Side
 Grilled Chicken and Pepper Salad
 Chef's Choice Dessert

Soup of the Day OR Appetizer
 Hearty Beef and Vegetable Stew
 served with a Breadstick
 OR
On the Lighter Side
 Roasted Thyme Lemon Chicken served with
 Vegetable Medley and Steamed White and
 Brown Rice
 Cherry Pie and Whipped Cream

Wednesday

Soup of the Day OR Fresh Fruit
 Chicken Parmesan Sandwich
 Served with a side Caesar Salad
 OR
On the Lighter Side
 Waldorf Salad
 served with Fresh Cut Crudités
 Chef's Choice Dessert

Soup of the Day OR Appetizer
 Beef Stir Fry with Fried Rice
 and a Vegetable Pork Pot Sticker
 OR
On the Lighter Side
 Roasted Haddock
 served with Jasmine Rice and Vegetables
 Apple Cobbler and Vanilla Ice Cream

Thursday

Soup of the Day OR Fresh Fruit
 Baked Potato Fully Loaded
 Served with a Side Salad
 OR
On the Lighter Side
 Chef Salad and a Roll
 Chef's Choice Dessert

ST. PATRICK'S DAY
 Soup of the Day OR Appetizer
 Corned Beef, Cabbage, and Potatoes
 OR
On the Lighter Side
 Irish Salmon, Cabbage, and Potatoes
 Irish Soda Bread

Friday

Soup of the Day OR Fresh Fruit
 Pita Club Sandwich
 served with Frito Lays
 Or
On the Lighter Side
 Greek Feta Salad
 Served with Toasted Pita
 Chef's Choice Dessert

Soup of the Day OR Appetizer
 Bacon Cheese Burger
 Served with French Fries and a Pickle
 OR
On the Lighter Side
 Broiled Fish with a side Mango Salsa, Carrots,
 and Roasted Red Potatoes
 Ice Cream Cones with your choice of Vanilla,
 Mint Chip, or Chocolate Ice Cream

Saturday

Soup of the Day OR Fresh Fruit
 Sloppy Joes
 served with Chips
 OR
On the Lighter Side
 Egg Salad Sandwich with Crudités
 Chef's Choice Dessert

Soup of the Day OR Appetizer
 Corn Flake Chicken served with Green Beans
 and Mashed Potatoes
 OR
On the Lighter Side
 Roasted Root Vegetable Stew and Potato
 Chef's Choice Dessert

Sunday

Sunday Brunch
 Corned Beef Hash and Eggs Over Easy
 OR
 Pork Tenderloin with Roasted Potatoes,
 And Brussel Sprouts

Both Entrees Include:
 Chef's Choice Salad, Fresh Fruit, Pastries and Rolls
 Chef's Choice Dessert

SUNDAY SUPPER

Chili and Corn Bread
 OR
On the Lighter Side
 Ham & Cheese Sandwich
 Potato Chips
 Chef's Choice Cookie

The Pines Cares About Your Health!
Fresh Fruit & Vegetable Sticks
Available
Special Diets & Custom Orders
Please request Small Orders